Chichester Herald

Friday 7th June 2013
YOUR FREE WEEKLY NEWSPAPER

Win a meal for 2 at The Ship Hotel
COMPETITION
Page 14

Win 2 tickets to see Populaire
COMPETITION
Page 22

Find your perfect property
PROPERTY
Page 32

You can't remove us

>> *Traders say they are staying firmly put thanks to support*

Suzanne Reed
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

SHOPKEEPERS fighting to stay in business at Chichester's Little London Walk shopping arcade have this week reiterated "We're still staying put".

They are continuing to fight plans to redevelop the listed, quirky parade of small shops, formerly known as Saddler's Walk in East Street and turn the city centre into what one critic described recently as an "anywhereville".

A planning application was made by Little London Chichester Ltd for "alterations to the existing Little London Walk, including partial demolition and extension to create a single retail unit with mezzanine level".

Planning approval has now been granted which would see the scheme keep the facia of the listed building in East Street, but would demolish the later annexe behind.

Although planning has been granted and surveys have been undertaken, it is believed out of the two interested parties for the site – TK Maxx and Primark – one has pulled out with plans to move slightly out of the city, which is a blow to the developers.

The current tenants – of which there are only four left – who have short leases with London's PMB Holdings of Wimbledon have either gone or are having to quit – with Manuka due to leave at the end of July.

But a handful have long leases running till 2019 or 2020 and say shoppers want them to stay – some have been in the arcade more than two decades.

Zigzag shoe-shop owner Lin Stearn told the Herald recently that "there are still successful businesses trading with leases secured for ..

Continued on page 3

Planning permission has been granted for the development

MORE HEADLINES >>

BACK TO REALITY FOR CHLOE! *Page 3*

CHICHESTER MA STUDENT SELECTED FOR GLOBAL DIGITAL ART PRIZE & TOUR *Page 7*

NEW ACTIVITIES AT ALDINGBOURNE COUNTRY CENTRE *Page 18*

Frankie & Benny's
DADS EAT FREE!*
Treat Dad to something special!
FATHER'S DAY, SUNDAY 16TH JUNE
BOOK NOW AT CHICHESTER 01243 792 332

WANTED URGENTLY
SCRAP GOED, BROKEN JEWELLERY WATCHES ETC.
TOP PRICES PAID
Lowery Jewellers
74 North Street, Chichester, West Sussex PO19 1LQ

QUALITY CONSERVATORIES MADE TO MEASURE

.... JUST SOME EXAMPLES

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL PVCu CONSERVATORY PRICES INCLUOE ULTRAFRAME ROOFS WITH POLYCARBONATE ROOF SHEETS ANO LOW 'E' GLASS TO SIOES FOR HIGH PERFORMANCE, SELF CLEANING, SOLAR CONTROL ROOF GLASS, AOO APPROXIMATELY 10%

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL CONSERVATORY PRICES INCLUDE CLEAR TOUGHENED GLASS TO ROOF AND SIDES· FOR HIGH PERFORMANCE GLASS ADD 10%-15%

* ABOVE ARE GUIDE PRICES WHICH MAY VARY DEPENDING ON SPECIFICATION e g NUMBER OF OPENING & DUMMY VENTS.

OUTSIDEinterests

2 Barnham Road, Barnham,
Bognor Regis, West Sussex PO22 0ES

dgcos FOUNDING MEMBER · Checkatrade.com Where reputation matters · FENSA

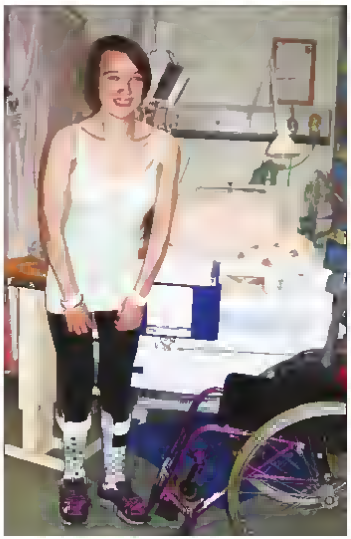
01243 553334

CALL TOOAY FOR A NO OBLIGATION SURVEY & QUOTATION OR VISIT OUR SHOWROOM WITH 12 CONSERVATORIES ON OISPLAY

FOLLOW US ON TWITTER
@chiherald

Local News

Back to reality for Chloe!



AFTER the excitement of having her operation, learning to walk again and coming back home, Chloe Humphrey confesses that she's been pretty shattered this last week!

Born six weeks early, Chloe was so tiny that people mistook her for a doll. At 18 months Chloe was diagnosed with cerebral palsy, with spastic diplegia. The prognosis wasn't good; her family were warned that it was unlikely that she would ever walk. But medics hadn't reckoned on Chloe's determination. By 20 months she was toddling with the aid of a walking frame, progressing to sticks by the age of 4. But when she started primary school she insisted on walking independently, even though she often fell, only using her wheelchair outside.

Chloe has had her operation which was a success and she now faces a long battle of rehabilitation.

"My physio has given me exercises to do...every day, at home and we've a special set that we do together, twice a week," she says. "To get the best out of my operation I've got to strengthen the muscles that support my ankles and knees and stretch my achilles tendons and my hamstrings. It's been great to go out with my friends and get back to college, but I get really tired. On Saturday I got up late, showered – and went back to bed! Mind you, I'm a girl who loves her bed so that's no hardship!

"The past six months have shot past. When I heard I could have this operation, I didn't dare hope too much in case we couldn't raise the money – now I almost can't believe that I've had my operation! I can't thank people enough for all the help that they've given me. I'd love to help other families who are on this same journey. We've learned so much about what it's like having this operation and about raising money. If you are raising money for a local child to have the SDR operation, and you'd like some help and advice, please email us at mail@chloesnewlegs.org.uk.

"There have been lots of fantastic fund raising events over the past weeks, and a few more still to come. We know that with the help of my lovely friends at Spirit FM we've smashed through our target of £36,000, we're still counting up!"

Continued from page 1

...several years under the Landlord & Tenant Act".

Next door, Chives cafe owner Carole Mackie has been trading 15 years. Loyal customers are keeping the business thriving, she points out.

Also in the arcade are Cake Fayre confectionary and Whitby's which is one of Chichester's few remaining camera shops since Jessop's closed across the street.

One trader said: "We have no need to move, we are still very busy with our regular custom. Obviously money talks and if we get an offer we can't refuse which allows us to relocate then it will be considered. But the offer at the moment is nothing short of poor. We are happy to see out our lease."

Another trader said: "Despite some of the dirty tricks to make the area look ugly we encourage shoppers to come and see us and support us."

The campaign to save the small traders is spearheaded by the Lib Dem's candidate for West Sussex county council's Chichester North seat, John Illenden, who is calling on the city's planning authority to stand up for small businesses.

He warned: "There's no turning back once we've thrown away Chichester's individuality.

"Chichester is famous for its individual shops that offer friendly service, especially those established for 15 to 20 years.

"The last thing we need is another big chain outlet."

A PMB Holdings spokesman told the Herald: "We found shoppers just weren't coming into the arcade because there's no footfall.'

"It needs something to draw people in, like a personality restaurant – one was planned last year involving Jamie Oliver, but they pulled out."

Let us know what you think
@chiherald

Youngster brief Government minister

A MEMBER of the West Sussex Children in Care Council has visited the Houses of Parliament to meet with a Government minister.

Jake, 12, joined nine other young people at a meeting with Minister for Children and Families Edward Timpson and Dr Roger Morgan, Children's Rights Director for England.

The occasion was one of a series of quarterly meetings enabling Mr Timpson to find out about the services available to young people in care directly from the people using them.

The main issues discussed during the meeting – which was specifically for children aged under 12 – included:

- Keeping safe – including on the internet,
- Getting help with education – both at home and at school through the virtual school,
- What difference it makes being a looked after child,
- Views about reviews and Independent Reviewing Officers,
- Experience of placement moves; and
- Speaking alone to social workers.

A guided tour around the Houses of Parliament was also arranged.

Jake said: "I really enjoyed the day and getting to meet other young people in care.

"The Minister was younger than I thought he'd be and he was really nice."

Peter Evans, West Sussex County Council Cabinet Member for Children – Start of Life, said: "This was a fantastic opportunity for Jake.

"It is extremely pleasing to see our young people in care attending meetings like these, enabling their voices to be heard at a national level."

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Edward Heron-Allen identified at least two different spellings of the place that we now know today as Selsey Seolesi... Old English Seleth - Domesday Book 1086 Cæles... - Assize Roll 1272

You are invited to A BIBLE LECTURE
arranged for Saturday 8th June 2013 at 7.00 pm
at the Rowland Rank Centre, Aldwick Road,
Bognor Regis PO21 3QQ

Bible Prophecy & The Gospel Message

Prophetic Signs and Events in the Middle East herald the Return of Jesus Christ and the Establishment of the Kingdom of God on Earth
ARE YOU PREPARED?

Speaker: Mr J. T. Acland

Enquiries: The Apostolic Fellowship of Christ
or 50 Belgrave Road, Slough, Berkshire SL1 3RE

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@DavidBEdgar
"In Chichester for last week rehearsals of my play about the state and fate of the coalition govt http //oft org uk/if-only changing hourly"

@Redeeming_OC
"Great to welcome local serving officers and youth cadets who are part of the ROC partnership here in Chichester"

@Anon4justice
"Takes 4 police cars & a bike to arrest a women in Chichester"

@becky7182302
"Chichester Cathedera! _ Breathtaking! If I get married I can have the ceremony here because of Mum s OBE!"

@ShowbizWayne
"LOVED Pajama Game at Chichester!!! Such e talented classy cast!!!"

Follow us: @chiherald

If you haven't got one, stay where you are

Tommy Boyd

MEADOWLANDS IN CHICHESTER

Full bonus payments all round to the Council staff behind the decision to let our verges grow knee h gh The profusion of wild flowers butterflies and bees reminds us that we live in rambling rural Sussex not prissy old Surrey or orchard r dden Kent

BUS STOP CONVERSATIONS

The woman next to me at the number 60 stop said "I see travellers have moved into Oaklands Park" I said I thought it was people connected with the Theatre In The Park project She said "Actors! Even worse!" She was being humorou s I think

HULA HOOPS

The biggest ever toy craze n world history was the Hula Hoop They sold millions and millions But the firm lost money Why? Because they assumed the craze would last so they commissioned more millions of them, which went unsold when the craze abruptly ended. My po nt is are barbeque charcoal manufacturers paying attention because the same thing could happen to them This promised hot weekend s going to be our whole summer don't you reckon? Then it's all over

SUPER SUMMER

I honestly feel sorry for people who don't get sport How do they manage? What do they talk about when they meet? We have Murray's best ever chance of Wimbledon,Tiger back to his best for an Open the Lions down under for a bunch of thinly disguised punch-ups and the Ashes

BATHROOM ARGUMENTS

After doing without one for decades I bought a pedal bin for the bathroom I suppose staying in hotels gave me the idea. But it's been a nightmare as arguments about what goes in it and what should get flushed or taken straight downstairs hermetically sealed and binned are on-going. If you haven't got one, stay where you are

SPORT

When I was a boy I was very passably good at my schoolwork, had a good bunch of pals tended to be in the school play and so forth But I was also slightly good at football and cricket, and started going to watch my nearest Div I team every other Saturday My point s that from 12 to about 17 when girls became options I honestly don't know what I would have done without sport

STREET PARTY

My street decided to repeat the 2012 Jubilee street party and last weekend it was closed to traffic and the kids ran free It was bliss seeing them cycling,scooting,playing rounders and chalking the road Parents free from worry Adults jollying along.The afternoon ended with some-fine dancing, wh ch after an open bar and hot sunshine, I feel myself lucky to have the same number of ne ghbours as I started the day w th

FORMULA ONE

On Wednesday in PM Questions David Cameron accused Labour of more U turns than a Grand Prix" Well two things here one, he obviously doesn't know much about Formula One and two Id pay good money to watch U turns in a Grand Prix wouldn't you?

AUSTRALIA'S FAVOURITE BARBEQUE JOKE

What do you call a boomerang that won't come back!
A stick

Let us know what you think
@chiherald

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL 2013/14
Ticketline 0844 327 1901 or visit www.seagulls.talent
Alternatively you can visit either the Queens Road or Amex ticket offices

Chichester Herald
FREE EVERY FRIDAY
Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 1BB
Twitter: @chiherald
01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **78,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Graneworld newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Fontwell, Goodwood, Methurst, Nyetimber, Pagham, Rose Green and East & West Wittering

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Photographer:
Rebekah Grace
www.rebekahgracephotography.co.uk

It really does work... the testimonials

Furniture & More based in Terminus Road say: "Whilst a couple were having a coffee in Bliss they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper

Printed by Iliffe Print www.iliffeprint.co.uk

Bedrooms by
feather & black

Offers of the week

Clearance Outlet
Up to 80% off*

Office Upholstered Ottoman
Was £499 Now £130

Marblehead Dressing Table
Was £782 Now £142

Belvedere Moleskin Beetle
King Size Bedstead
Was £2395 Now £619

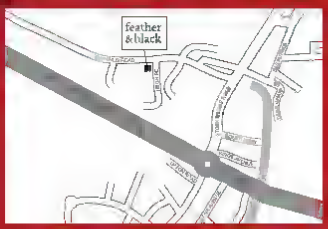
Ceylon Super King Bedstead
Was £995 Now £189

Amberely Wardrobe
Was £1745 Now £320

Regency Grey King Size Bedstead
Was £1195 Now £351

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

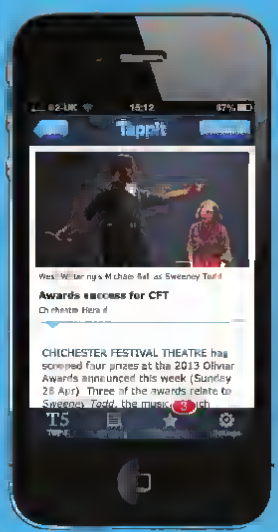
Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit **www.tappit.co.uk** to get a FREE account and start creating an advert in just a few easy steps...

Category | Location | Date | Logo | Content | Publish

Get the Free Tappit App.


Tappit
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr) Three of the awards relate to Sweeney Todd, the music

Up-to-the-minute information about what's happening where you are...

- Location-based news, info, offers & deals.
- Favourite your interests for future alerts.
- Customise what you want to see.

Available on the App Store

ANDROID APP ON Google play

Man robbed at roadside in Sidlesham

POLICE are seeking three men who robbed a man of his wallet on a quiet country road near Chichester

The 25-year old local man was walking north towards his nearby home, along the unlit B2145 in Sidlesham, at about 2am on Sunday 2 June, when he was attacked by three men who bundled him into the ditch and stole his car wallet containing his driving licence and two bank cards. The three men then drove off north in a car described as a silver saloon type.

The victim received superficial cuts but did not need medical treatment.

PC Tony Williams said: "If you were in the Sidlesham area in the early hours of Sunday and saw anything suspicious, or have any other information that would help, please call us on 101 quoting serial 0597of 3/6. You can also call independent charity Crimestoppers anonymously on 0800 555 111."

Robbery at Selsey British Legion Club

POLICE are seeking two men who stole cash from the Royal British Legion club in Selsey. Just after midnight on Tuesday 4 June, two staff, a man and woman both in their thirties, were leaving the club in Selsey High Street after locking up, when they were approached by the two men as they were getting into their car at the rear of the club. The men threatened them with a hammer and a knife. The couple were forced to go back inside and open the safe, from which the men took several thousand pounds and made off. No vehicle was seen.

The couple were very shocked but were not hurt.

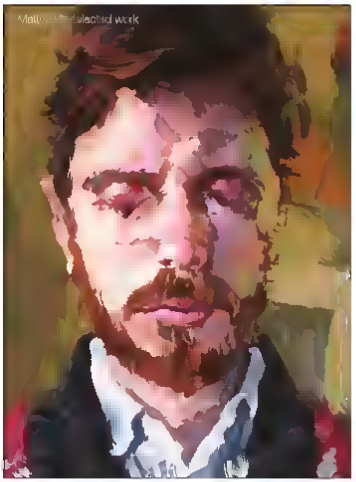
The suspects are both described as white and of skinny build. One wore a black crash helmet and a burgundy top, and spoke with a Scottish accent. The other man had facial stubble, a gaunt face, and wore a grey top with the hood pulled up.

Detective Constable Della Squires said: "This was a frightening experience for the couple and it is fortunate that they were not hurt. If anyone saw suspicious activity in Selsey last night, or has any other information, please call us on 101 quoting serial 0007of 4/6. You can also call independent charity Crimestoppers anonymously on 0800 555 111."

Chichester MA Student selected for Global Digital Art Prize & Tour

A STUDENT of Chichester's Fine Art programme is among 50 artists worldwide selected for the Lumen Prize Exhibition, the world's first competition for digitally created fine art.

For the past five months, Matthew Hall's work, as part of the Lumen Prize Exhibition, has been shown in venues and galleries in Cardiff, London, Riga, Shanghai and Hong Kong. Hall's work, "Red Beard" – a self portrait – was created on an iPad using painting apps. The exhibition featured works from artists around the world from 44 cities and 13 countries, including Iran, Pakistan, Sweden and China. The exhibition works were show on the latest digital display devices, including iPads, HDTVs and projectors.



Digitally-created art is one of the fastest growing genres of contemporary art. "No artist can afford to ignore the consequences of the way our view of the world has been transformed by new digital technology, instant access to information and computer graphics," writes Charles Saumarez Smith, former director of The National Gallery and currently Chief Executive of the Royal Academy in London, in an article in Vanity Fair's 'On Art' supplement published in November 2012.

HOME CHOOSE CARPETS

The Chichester Carpet Specialists

Over 20 Years Experience

100's of carpet & vinyl samples to choose from, in the comfort of your own home

FLOORING COVERINGS TO SUIT EVERY LIFESTYLE

We can uplift and dispose of your old carpets and move your furniture!

- FREE FITTING
- FREE DELIVERY
- FREE ESTIMATES

Axminster Wilton Patterned Plain Tweed Tonal Carpets – **Fantastic Selection!**

Multi-width range 2mt, 2.5mt, 3mt 4mt & 5mt

Rhinofloor Vinyl: Latest designs

HOMESTYLE BERBER

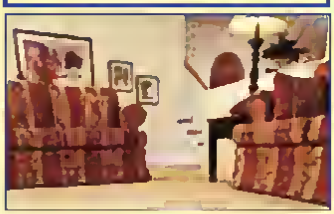
Example room sizes
3mt x 4mt = £225
4mt x 4mt = £299
5mt x 4mt = £373

fitted complete with new underlay & grippers

HOMESTYLE TWIST

Example room sizes
3mt x 4mt = £299
4mt x 4mt = £399
5mt x 4mt = £473

fitted complete with new underlay & grippers



Please ring (01243) 717577 or freephone 0800 0387722

Main showroom: 201 - 205 New Road, Portsmouth PO2 7QU

Local music groups join together for Cathedral concert

STUDENTS and alumni from the University of Chichester Music Academy and members of the Music Department have joined with groups across the local area for a concert at Chichester Cathedral.

The performance saw students perform Benjamin Britten's Noyes Fludde, his exciting work for children and professional and amateur performers, originally composed in 1957 after the great flood of 1953.

The concert was arranged by Andrew Bernardi (Bernardi Music Group) and as an example event for future events proposed under the umbrella of the new West Sussex Arts Academy.

In addition to the students, University vocal tutor Mike Pearce sang the part of Mr Noah and University Music Performance alumna Gerri Rawlings tackled the role of Mrs Noah, whilst the recorder soloist was also a Chichester alumna, Fran Jones.

The event drew upon the skills of musicians at all stages of their careers, with other University students and tutors taking a variety of roles in the performance, and young UCMA students joining the string players of the West Sussex Gifted and Talented String Academy or operating as percussionists.

Just as for the Titanic concerts last year, local primary school children were also involved. Wilbam Penn School, Coolham and St Mary's School, Pulborough provided a cast

of animals entering the 'ark' and Laburnum Grove Primary, Bognor Regis provided the dove and the raven from among their pupils. Children from the Junior Trinity Laban Conservatoire of Music and Dance took the roles of Noah's children and their spouses. In total there were around 120 performers in the Cathedral.

More information about West Sussex Arts Academy can be found on their website www.sussexartsacademy.com

Libraries help people with mental health problems

A NEW scheme is aiming to help people suffering from mental health conditions through reading.

The Books On Prescription initiative is being launched in several libraries in West Sussex this month.

It is part of a national campaign from the Reading Agency charity to help combat depression, anxiety, eating disorders and other conditions.

The scheme encourages people with mental health problems to read from a selection of 30 self-help titles recommended by GPs.

Health professionals from the Sussex Community NHS Trust will be in three branches to offer support and promote the books.

Experts from mental health charity Mind will be in Chichester all day on Wednesday June 12.

They will then visit Chichester again from the same time on Thursday June 13.

Lionel Barnard, County Council Cabinet Member for Residents Services, said: "Many people see their library as a trusted place for advice, and these drop-in sessions can be the first step on the road to recovery.

"Health professionals from the Sussex Community NHS Trust will be on hand to answer questions while all 30 self-help titles will be available to borrow."

To find out more contact the West Sussex Library Service on 01243 642 111 or visit www.westsussex.gov.uk/libraries

• THE DISTRIBUTION of Prevention and Wellbeing Grants heads the agenda for South Chichester County Local Committee (CLC).

The Committee next meets on Tuesday, June 11 at 7pm in Committee Room 3, County Hall, West Street, Chichester, PO19 1RQ.

Earlier this year, voluntary and community organisations were invited to apply for a share of West Sussex County Council's Prevention and Wellbeing Grants Programme with bids of up to £5,000.

The applications process has since closed and the Committee will assess requests from the South Chichester area.

Also on the agenda, the Committee will elect a Chairman and Vice Chairman for the 2013/14 year, as well as distribute the first batch of Community Initiative Funding (CIF) of the financial year.

Community Initiative Funding is designed to provide vital funds to community groups and organisations across West Sussex. Since its creation in 2006, it has distributed more than £1.2million to over 450 organisations, county-wide.

For more information about Community Initiative Funding or the Prevention and Wellbeing Grants Programme, visit www.westsussex.gov.uk.

Members of the South Chichester CLC are Louise Goldsmith, Jeremy Hunt, Sandra James, Peter Montyn, Simon Oakley, Bernard Smith and Margaret Whitehead.

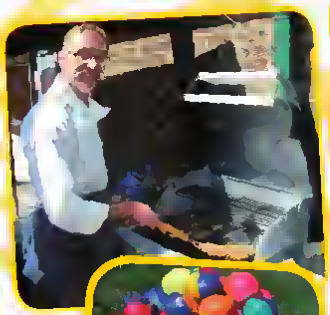
Come & see whot our professionol designers
con do for your kitchen, ot the right price!
FREE GLASS
SPLASHBACK BEHIND HOB
Freestyle Kitchens
Portfield Trade Centre, Chichester PO19 8NS 01243 776000 | Broadwater Green, Worthing BN14 9BY 01903 215550
We are open Mon - Sat 9am - 5pm (evenings by appointment) Email: kitchens@freestyledirect.co.uk www.freestyledirect.co.uk

COVERS
home ideas
kitchens • bathrooms • flooring • diy • aco

SUMMER FAYRE
SATURDAY 8TH JUNE
10am - 2pm

- Music from Chi Jazz
- BBQ Cooking Demo with Nick Westacott
- Meet Peppa Pig
- FREE Face Painting
- Robbie The Magician
- FREE Bouncy Castle
- Circus Skills
- Treasure Hunt
- Tombola
- Special Offers

Plus lots more...!



Find us at:
Gate 4, Quarry lane
Chichester PO19 8PE
Tel: 01243 785141
enquiries@covers.biz
www.covers.biz

We are open:
Mon - Fri: 7.00am - 5.00pm
Sat: 7.30am - 5.00pm

15% OFF
EVERYTHING
FOR 1 DAY ONLY!
*When you open a Covers Project or Trade Card

University opens its doors

THE UNIVERSITY of Chichester is once again opening its campuses to potential students of all ages for its summer Open Day on Saturday 15th June.

Open Days at the University are informal and friendly, giving attendees an opportunity to talk to tutors and current students, as well as take guided tours of both Chichester and Bognor campuses. The event runs from 10am to 3pm on both campuses.

Attendees will get the chance to find out about the University's student finance package and the support available to students, with talks given by University Vice-Chancellor Professor Clive Behagg at Bishop Otter Campus, Chichester, and Deputy Vice-Chancellor (Academic) Dr Sarah Gilroy at Bognor Regis Campus.

Chichester has a wide portfolio of courses from foundation level through to degrees, MAs and PhDs. Over 300 courses are on offer in a range of subjects within the Arts, Humanities, Business, Sport, Education and Social Sciences, so there's something to appeal to everyone.

With a free bus service between campuses, car parking and convenient public transport options, it couldn't easier to come along.

Previous Open Days have been widely praised by attendees, with feedback stating that 'Open Day was great, with lots of opportunities to talk to staff and lecturers" and 'very informative and showed all the University has to offer'.

To find out more and book your place, go to www.chi.ac.uk/opendays

Community matters: Words into action at Chichester Harbour Rotary Club

"A REAL EYE OPENER" - President of Chichester Harbour Rotary Club, David Hilditch's description of the contribution made by the various organisations represented at a Community Services Forum last week. And, in response, they outlined the invaluable assistance provided by the Club in their work.

Joanne Kondabeka, project manager, Chichester Food Bank, spoke of the 38% in the city on low income, 605 people having been fed over the last ten months. She made particular reference to links with the Shared House Refuge and the Club's contribution to their work. Health visitors Clare Woodard and Carol Pateman told of their 5000 case load, caring for mothers and their children from birth to school-entry. Rotary Harbour Club had supplied furniture, carpets, beds fridges, food and food vouchers when most needed. The club had also made a worthwhile contribution to Tangmere School's Child and Family Centre, as reported by Bev Isles, who made special mention of the days out and parties it had organized.

A member of Chichester Women's Refuge described the sheltered house, a haven from domestic abuse for families from outside the city. Up to six could be accommodated at a time, arriving at a moment's notice. Chichester Harbour Rotary Club had been a valued partner from the outset, regularly supplying food boxes, clothing and Christmas gifts. Warm testimonies were read from those whose situation had been made more bearable in these ways.

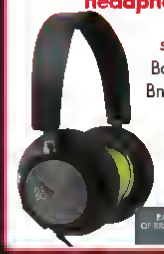
Panel members answered questions from the floor, paying warm tribute to the tireless work of Therese Brook, the Club's Community Service Chairman in bringing all such activities together. Chairman for the evening was Bob Rendall, the vote of thanks given by Jeanmarie Long.

Chichester Harbour Rotary Club meets 7.30 am each Wednesday at the Chichester Park Hotel. Further information may be obtained from the Club Secretary at secretary1856@hotmail.com

CALL US FIRST

Like us on Facebook & WIN A Beo PLAY H6 headphone

sponsored by Bang & Olufsen Brighton & Hove



Verified Local Businesses

HAS YOUR COMPANY GOT A STRATEGIC MARKETING PLAN?

CALL US FIRST

The one stop shop for all your marketing needs. Join our ever expanding list of verified local businesses on line at **www.call-us-first.co.uk** and offline in our user friendly print directory.

OUR FORMULA FOR SUCCESS - ON LINE

Our clients have access to our site 24/7. Using their own profile page to promote latest exclusive offers, competitions and events.

With recommendations from your clients and access to your own site through a hyperlink we guarantee to build up traffic to your site.

Subscribe for more information and to receive our monthly newsletter.

THE CALL US FIRST DIRECTORY

Certified by The Royal Mail with a distribution to 120,000 residential and business addresses the Call Us First print directory with exclusive offers brings direct results for your business.

OUR ADVERTISING CAMPAIGN

Promoting our name on Juice Radio, local media, window and car stickers. Look out for our branded taxis around town.

SOCIAL MEDIA

Tweet along with us on twitter and like us on Facebook. View all our clients, latest news and enter our competition to **win a Beo PLAY H6 headphone** sponsored by Bang & Olufsen Brighton & Hove.

CONTACT US T 01273 325533 0845 2996611 E office@call-us-first.co.uk

GOOGLE US AT - CALL US FIRST BRIGHTON AND HOVE

WWW.CALL-US-FIRST.CO.UK

West Dean presents

A weekend of creativity for everyone

22–23 June, 10:30am–6:00pm

Arts, crafts and entertainment in a sensational setting

BOOK NOW!

Early bird prices from 90p children, £8.60 adults.

www.westdean.org.uk/fusion

Quote FUSADV

West Dean, Near Chichester, PO18 0RX

WEST DEAN EVENTS

@westdeanejf #fusioncreate

Schoolchildren invited to design a rural home for the future

SCHOOLCHILDREN in the Chichester District are being invited to showcase their artistic talents by designing a rural home for the future.

The competition was launched today (Tuesday) by Chichester District Council ahead of national Rural Housing Week, which runs 10-16 June.

Nine pupils from East Wittering Primary School helped to launch the competition when they visited a new rural housing development site of 17 homes in the village.

"The pupils' designs can be as creative and futuristic as they want," says Councillor Carol Purnell, Cabinet Member for Housing and Planning at Chichester District Council.

"The aim of our competition is to get young people thinking about what homes in our district could look like when they grow up. We want them to think about where we live, housing design and how our surroundings affect our daily lives."

The winning young designer will win £50 worth of art and design equipment vouchers for themselves and £200 worth of vouchers for their school. The council is running the competition in conjunction with the Hyde Group and Austins builders.

The competition is open to all Key Stage 2 pupils in the Chichester District and runs until Wednesday 24 July.

Commenting on the pupils' visit to the new rural housing development, Cllr Purnell said: "It is great for local children to have the opportunity to visit this affordable housing development site and learn about the planning and construction process.

"Affordable housing developments like these will make it possible for current and future generations to remain in the communities they grew up in."

Rural Housing Week aims to raise awareness amongst rural communities of the important role affordable housing plays in making small towns and villages vibrant, sustainable places to live.

Austin Wade, Development Manager of The Hyde Group, says: "Hyde is delighted to be working in partnership with Chichester District Council and Austin Builders to build 17 new, affordable homes for local people in East Wittering. These attractive homes are built to high energy efficiency standards, designed to complement the local environment and providing a lasting legacy for generations to come.

"We're very excited to be involved in the launch of the future homes design competition. This project provides young minds with an opportunity to engage with a vital, very topical issue which affects them, their family and friends – affordable homes for rural communities."

Stephen Keel, Business Manager at Austins, says: "Austins are very proud to be working in partnership with The Hyde Group constructing this new development of much needed affordable homes for local people."

If you are a teacher and would like your class take part in the competition please contact Cathy Hakes, the council's Rural Housing Enabler, on email atchakes@chichester.gov.uk or call 01243 534009.

Pupils from East Wittering Primary School are [illegible] Planning at Chichester District Council [illegible] the Design Challenge for the Future [illegible]

Quality UK, Continental & Air Holidays
By Luxury Coach
WOODS
2013
UK & Continental Coach & Air Holidays
DOOR to DOOR
we send a taxi to collect you & take you home
Brochure Hotline
01243 871666
Information & Bookings
01243 868080
Driving to exceed expectations
Door to Door
UK Coach Rally & Awards Winner 2013
ABTA The Travel Association
www.woodstravel.co.uk
Park Road • Bognor Regis • PO21 2PX

EXTRA 10% OFF

Sale prices until Sunday!

Excluding clearance lines

Over 95% of our beds are British made.

Beds
Wardrobes
Bedsteads
Mattresses
Bedroom Furniture
Sofabeds
and **more**

SALE ENDS SUNDAY 9TH JUNE

Luxury pocket spring divan sets up to **50% off** sale prices

Your family-run **BEDROOM SPECIALIST**

ChiBeds@Bosham

not just Beds

www.chibeds.co.uk

Main Road, Bosham Roundabout, Bosham PO18 8NN **T:** 01243 576622 **E:** info@chibeds.co.uk

Our Society's Criminal

Gracie Cliffe

NOWADAYS, every time we open the newspapers or turn on the news, we are presented with heart breaking stories like people being murdered, children being abused or victims of mob crimes. It is hardly surprising that there are people that can't find a reason to get out of bed in the morning. When I sit and think about all the dangers we face just by walking out of the door, well it is bad enough to make me want to lock myself in my house and hide away from it all.

Firstly, I have been extremely disturbed these last few weeks after the heinous event of the soldier getting beheaded in the streets of London. This is the type of act you hear about happening in countries at war or under a dictatorship, but I never would have expected something like this to happen in the UK. If it wasn't bad enough, but for his family something so traumatic happening so publicly. And I cannot even begin to express how disrespectful it is, happening to someone who risked their own life fighting for our country. It's sad to think that in some ways, the streets of London are now just as dangerous as a war zone. At the end of the day, there is a difference between standing up to what you believe in, and simply acting out with thoughtless violence.

And I appreciate that the story of missing child April Jones is sensitive but it is a clear example of the monstrous acts some people are capable of. What has the world come to if innocent children that mind their own business and have barely had a chance to enjoy life can't even play outside their homes? How can parents ever be expected to let their children out of their sight? It is simply disgusting and inexcusable that someone would harm a child, look at pornography or even show an interest in anything so inhumane. These criminals are sick, as well as being weak, not even owning up to what they have done wrong.

These are just two examples of the devastating happenings currently taking place in not only our country, but everywhere in the world. I guess I just hope one day we will reach a time when people can set their priorities straight and act like decent human beings. And for everyone that sometimes feel a bit too dark to get out of bed, remember there is always something good not too far away.

Let us know what you think

@chiherald

Want a cat? Rescue & save two!

Cat and Rabbit Rescue Centre

WONDERFUL NEWS – GWEN & EDITH, LARA, SIENNA & TICKLE HAVE HOMES

THERE has been a big increase in the number of cats needing rescue in recent weeks. It will save the life of another cat waiting to enter rescue if you can help the rescue cats (or pairs) below and offer a home.

Cats, neutered, and waiting for homes

- Denzil, black and white & black Murphy are just 1 year old friendly brothers, waiting since last September.
- Shirley is a lovely, friendly, affectionate, playful black and white lady who is 13 years old and deserves a loving home.
- Sonny is a smooth black with green eyes, 1 year old, talkative, very friendly and used to children.
- A tabby and white pair, KF100-09 is a 4 year old and KM 115-10 almost 3 years. Both friendly, affectionate, playful and used to children.
- Baloo is black and white and talkative, Bagheera is black. A friendly pair who are about 4 years old and love a fuss.
- Owen and Reggie are very playful, fun, friendly, smooth black brothers, one with white chest hairs, now just 1 year old and waiting since last September.

The Rescue asks for a minimum donation of £45 for each neutered cat which includes vaccination, microchip, and Petplan Vet insurance for 4 weeks.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ www.crre.co.uk. Tel 01243 641409

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer name, address and contact number to: **news@theshiphotel.net**

the ship
Hotel Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Tuesday 11th June 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ships Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry data is may be kept on file.

Photos taken by
Tel 01243 773297
Mobile 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace PHOTOGRAPHY

Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 773297
Mobile 07983548459

...making fleeting moments last forever..

SPECIAL OFFER

SAVE 10% ON BUMP PHOTOGRAPHY SESSIONS

1 Hour Bump Photography Shoot
£95 including images on disc

Voucher Code NEWS10

Terms & Conditions: 10% off Bump Photography Sessions. Valid on all new bookings made before the 31st August 2013. Valid on £95 Sessions only which include images on disc. The fee covers the make up session and prints/artwork that you choose to view. As well as all sets of edited high resolution digital files that you have chosen. Sessions are also available in black/white at no extra cost. Payment is required to confirm your session.

SING! DANCE! ACT NOW!

The original, largest and still best network of performing arts schools in the world.

Nurturing and developing young peoples potential through dance, drama and singing. For 4-18 year olds at weekends and holiday workshops.

SUMMER HOLIDAY WORKSHOPS

ENROLLING NOW!

Stagecoach Chichester are offering fabulous five day summer workshops for students aged from 4 to 7 years and 7 to 16 years.

Our workshops give all of our students an amazing learning experience, working with professional teachers and presenting all of their hard work to friends and family at the end of an action packed week. No experience required, just lots of enthusiasm!

'Act' now: Limited places available!

Call: 01243 587 885

email chichester@stagecoach.co.uk

www.stagecoach.co.uk/chichester

Theatre Arts Schools Stagecoach

MRC 6th formers get Kudos

IT WAS THE YEAR 12 Young Enterprise team, Kudos, which won internal rounds and so was put forward to represent MRC at Chichester College's annual Young Enterprise competition. Working through a similar format to that of the famous Dragon's Den, the panel made up of local business executives, Darron Carver, Jamie Flodman and Julia Thistleton-Smith were very impressed with the winning group and had no hesitation in putting them through to Chichester.

At Chichester College they almost swept the board with first prizes for Best Stand, Best Company Report and Best Commerce and took the runner up spot for Best Company, the highest result the College has achieved since MRC started taking part some 6 years ago. The business which the group of students have developed is aimed at the leisure industry with operations covering events management, photography, and greetings cards. One photography assignment took place on location, where Ollie Van Zwanenberg snapped a stunning shot of the Petros of Jordon. The image now sits in the Australian Embassy in Amman.

The Managing Director of Kudos, Ashley Baker, said: "This has been a great experience in order to succeed we have had to have a very professional approach. The MD role has taught me that a team such as ours has to be hungry for the same goal, that communication skills both internal and external are vital and that projects have to be managed in such a way that they are well timed, pleasing all of the people, all of the time! We have had fantastic guidance from our teachers Miss Stevenson and Mr Clarke, but for the main part they have let us get on with it. It's been terrific fun working together and we have all been through an amazing learning curve."

Joint Sales Directors, Abbie Hanlon and Harry Carter both agreed, saying: "We have learned a lot together, but what will remain with us forever is the importance of high levels of team work, great organisation and being able to keep a clear head when things don't always go according to plan."

Keeping the finances on track each week proved invaluable to Finance Director, Joe Cook and Shane Fumagall, while Sam Massey and Ollie van Zwanenberg enjoyed honing their web and printed matter design skills. Ambitious to enter the world of journalism, Company Secretary, Amber Hill, found the exercise invaluable saying that having such a broad overview of the company was a real eye opener and she was very pleased to have the opportunity to fine tune her note taking skills.

Harry Jones, Amber Hill, Dean Altass Hye, Paige Taylor and Tony Scutt were brought in by Kudos from Year 13 as consultants.

MRC [illegible]

Well done to Ashley Baker (MD), Joe Cook and Shane Fumagall (Joint FDs), Harry Jones (Marketing – Year 13), Harry Carter and Abbie Hanlon (Sales), Sam Massey and Ollie Van Zwanenberg (Joint IT Directors), Poppy Holden and Sammy Ford (HR), Keanu Mount and Bradley Hennare (Joint Director of Ops), Amber Hill and Chelsey Carver Joint Company Secretaries, Dean Altass-Hye, Paige Taylor and Tony Scutt (Consultants – Year 13)

Childrens Classes By Fitjoy-Guarenteed to Keep your little ones entertained!

ZUMBA FITNESS

Chichester
Bracklesham
Bognor Regis

FITJOY exercise for all

Classes:
Zumbatomic Tuesdays 4.45-5.15pm 3-9years
Bracklesham Barn
Street Dance Tuesdays 5.15-6pm 10-16years
Bracklesham Barn
Zumbatomic Thursdays 3.45-4.15pm 3-5 Years
Westgate Centre
Zumbatomic Thursdays 4.15-5pm 6-10years
Westgate Centre
All instructors are CRB Checked

Next course starts 4th June
10 % OFF with this advert

Fitjoy are a community based fitnass company offering a range of classes as well as other services.
Zumbatomic® sessions available
Zumbatomic is Zumba for children.
A high-energy fitness party for children with classes catering for children as young as 3 years old.

Contact Natalie 07738 249612 or email natalie@fitjoy.co.uk
www.fitjoy.co.uk

Adult classes available including Zumba, Bokwa, Total body conditioning. Personal training and Sports Therapy.

Adult classes available including Zumba, Bokwa, Total body conditioning. Personal training and Sports Therapy.

ROLEX OMEGA LONGINES Cartier

VINTAGE & PRE-CHERISHED WATCHES

Stunning Rolex 5513 Submariner wristwatch

Demand for this iconic classic constantly outweighs supply. Please contact us for price and any further information.

It's hard to find excellent gilt dial Rolex 5513 Submariners. They are the most in demand Rolex – whether that be early gilt dials or slightly later matte dials. Here we have another beauty. A 1.3m serial number dates the watch to 1966(what a year!).

SHOP: 29 Station Road
Portslade
BN41 1GB
CALL : 01273 239763
www.jamesrossjewellers.co.uk

JAMES ROSS

family jewellers for generations

New activities at Aldingbourne Country Centre

ARE YOU always looking for something to do with the family? Do you want to stay local? Are you keen on supporting local causes?

The answer could be on the A27 near Fontwell. The Aldingbourne Country Centre has some great new activities and attractions for West Sussex families this summer and there is plenty for children, and adults, to enjoy. Test those brain cells by taking part in a newly developed treasure hunt, try out driving skills with the toy tractors and remote control cars, play some giant chess or connect four, and discover the next Tiger Woods on the mini golf course. The Woodland Walk remains a popular attraction which homes the unique grass roof Bothy, and now it has new children's play equipment in amongst the trees creating a superb natural playground.

If nature and animals appeal, then wildlife can be found in the Woodland and on the Open Farm. There is a full range of animals that can be stroked, fed and handled. Alpacas, donkeys, ducks, chickens, turkeys and goats freely roam the farm, and visit at the right time of year to see piglets, chicks and ducklings. The new attraction on the Farm this summer is the Guinea Pig Village, watch guinea pigs wander around their replicas of Sussex landmark buildings and even hold some of the guinea pigs – they are very tame!

There is also plenty for visitors of all ages at the Country Centre. Furniture restoration, plants and organic seasonal vegetables and fruit grown on site, wood recycling, Café and a newly re-fitted Gift Shop. The Country Centre is open to the public seven days a week, 10am – 5pm and can be found off the eastbound A27 down Blackmill Lane.

Simon Hutchins, Manager of the Aldingbourne Country Centre said: "We look forward to welcoming all visitors to the Country Centre and hope the families enjoy the many activities we have to offer. It has been an exciting few months developing the Centre and we hope it continues to thrive and support the charity and our clients!"

Public support of the Aldingbourne Country Centre helps this local organisation to be self sufficient and it also supports the charity – The Aldingbourne Trust, which runs the Country Centre. The Aldingbourne Trust cares for adults with learning disabilities across West Sussex and many Aldingbourne clients work at the Country Centre. The Trust provides a learning environment which enables the clients to have the same opportunities as everyone else: to live independently and develop skills to gain employment. For more information about the Aldingbourne Country Centre and the Trust please visit the website: www.aldingbournetrust.co.uk

Ditching that dummy

CHICHESTER Nursery & Farm CENTRE

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

LOTS OF PARENTS give their babies dummies to calm them down when they are upset or to help soothe them to sleep when they are tired.

And it does help.

Newborn babies like to suck. Sucking releases chemicals which soothe and comfort, helping babies to calm down and go back to sleep. It is possible that sucking a dummy at night for the first six months can also help reduce sudden infant death syndrome by keeping airways open and preventing babies from sleeping too deeply.

But by the time your baby is 12 months old, their dummy should be well and truly ditched.

Even when your child does use a dummy, it shouldn't only be given to them when they are really upset or trying to sleep. It shouldn't be something that they have during the day or when they are playing or wide awake. They don't need a dummy when there are so many other distractions.

Children who have dummies for too long often develop speech problems. A dummy stops babies from 'babbling', which is the important first step to speech. Trying to speak with a dummy in your mouth is difficult, children, who have a dummy in their mouth all the time, often have speech that is unclear and hard to understand. Try talking while you are sucking on a gobstopper: speaking with a dummy in your mouth is a bit like that – no one can understand you. If your child does have a dummy during the day, make sure you take it out whenever you are talking to them or they are trying to talk to you.

Using a dummy for too long can also cause dental problems, stopping teeth from growing correctly and if the dummy has been dipped in anything sweet like squash, it can also cause tooth decay. After the age of 6 months, having a dummy in your mouth all the time can also cause ear infections, letting bacteria move easily from the mouth to the tubes between the ears and throat. They can even cause yeast and fungal infections in the mouth.

Although it will be hard, it is important that you try and help your child get rid of their dummy by the time they are 1. If your child is used to having a dummy all the time, begin by reducing the amount of time they can have it: nap times and bedtime. This way they will get less and less dependent on it. When they are ready, ask them to leave their dummy out for Santa or the Tooth Fairy to take away and see what presents they get instead. The older children get, the harder it will be for them to give up their dummies and the more damage it will cause.

So be brave, ditch that dummy. And remember, nothing can give your child as much comfort as a hug from their mum or dad, not even a dummy!

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website: www.chichester.nur.w-sussex.sch.uk

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Chichester Business

FOLLOW US ON TWITTER @chiherald

Old style watches are the new future

LOWERY, the popular jeweller's based on Chichester's North Street, specialises in diamond and precious stone set jewellery.

Lowery always keep a range of unusual and branded second-hand jewellery but they are also keen to expand on their range of second-hand watches. Their second-hand watch brands range from Longines, Favre Leuba, IWC, Cartier, Vertex and Universal complemented by 1920's - 30's diamond set cocktail watches.

Proprietor, John Bryant, says old style watches are now becoming a thing for the future.

"There's been a massive surge in new and old watches," he says. "There's so much interest in old and modern watches. We do Edwardian and late Victorian pocket watches and we also try and specialise in watches pre and post war times. We are really interested to hear from anybody who may wish to sell an old watch, and those who wish to come and see the old watches we have that can be bought.

"We have many unusual retro style watches for both men and women. Some of the old style small watches are now being worn by ladies of all ages. The interest in watches generally has become massive. From the lady who wishes to have that old style accessory to the well-dressed man who has a watch for each different type of occasion."

Lowery also carry out valuations for insurance and probate on the premises. They also have a full repair service specialising in remodelling out of date jewellery.

If you wish to see the watches available at Lowery in Chichester, or you think you may have an old watch that could be of interest to the shop, you can visit them at.

Lowery, 74 North Street, Chichester, West Sussex, PO19 1LQ
Tel 01243 789518 Email lowery@btconnect.com

Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 773297
Mobile 07983548459
...they are only this little...
for a little while...
Invest in exquisite images of your tiny baby
SPECIAL OFFER
£195
A NEW BORN FINE ART PHOTOGRAPHY SESSION*
Up to a 3 hour Fine art New Born Session & Disc of images
Voucher Code NEWS195
Terms and conditions Valid for a new born made before August 13 is £195 The £195 includes the New Born session of up to 3 hours preparation of images to you to view and choose images in high resolution Payable at time of booking your session

south coast human resources
SC HR
Take the stress out of employing staff with South Coast HR
Your people are the most important part of your business and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.
For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.
Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.
Let us take care of:
• Drafting / issuing employee contracts
• Drafting polices and keeping these up to date
• Dealing with any maternity leave & flexible working requests
• Monitoring and dealing with employee sickness
• Dealing with any staff complaints
• Intervening potential staff
• Advising on disciplinary situations and conducting those difficult meetings
• Advising on how to make any redundancies
• Training and development
• On site HR administration
• Plus much, much more
South Coast HR are friendly and approachable and will take time to get to know you and your business – providing you with honest, practical advice when you need it most. Whether you're a small start-up with a limited budget or a growing business looking to take on a few extra employees a month.
@SouthCoastHR
Call 01243 771617 Email contact@sc-hr.co.uk www.sc-hr.co.uk

FOLLOW US ON TWITTER
@chiherald

Chichester Business

Southend Barns celebrates one-year anniversary since its opening

CELEBRATING its first year of official opening on 20th May 2013, Chichester venue Southend Barns has enjoyed an exciting and busy year filled with an impressive amount of event bookings, and much interest around its eco credentials and stunning design features, which has even led to them winning their first award.

In its inaugural year, Southend Barns held 22 weddings from July to December 2012 and is booked up for the majority of Saturdays throughout the summer of 2013 and even 2014. As well as weddings, Southend Barns has also been the venue of choice for other events such as business meetings and conferences, a music video and a recent fashion shoot.

Set in the stunning West Sussex countryside, the converted farm buildings and beautiful landscaped gardens are built and run using the latest environmentally sustainable technology. As well as using eco-friendly materials like hemp and green oak, the barns also use a biomass boiler to provide under floor heating throughout the barn complex. The owners, Mariella and Wilham Fleming will even calculate the carbon footprint of a wedding and offset it by planting trees on the farm.

It is this attention to detail and focus on

offering a completely unique and eco-friendly option that helped them to win the Innovation of the Year award at the Observer and Gazette Business Awards, which took place earlier this year.

The Flemings are thrilled at the venue's success and now look forward to another successful year of weddings and events at Southend Barns. Mariella commented: "After several years of planning this project and waiting a year for the building work to be completed it has been so rewarding to see the barns so busy and thriving. The amount of positive feedback we receive from the couples who have got married here is overwhelming and we hope that Southend Barns continues to flourish in the years to come."

For more information about Southend Barns please visit www.southendfarms.co.uk or call 01243 641247.

Tappit aims to help independent retailers create some local buzz!

NOBODY wants to see town centres that are left stranded, abandoned, empty and vacant. But finding new and additional ways for retailers and merchants to engage with and build loyalty with existing and new customers is difficult, expensive and time consuming.

Tappit is effectively an electronic billboard "App" for iPhone and Android smartphones. The Tappit App is Free of Charge to download and use and allows consumers to have location based information from retailers and other nearby businesses, in the palm of their hand. Why is that important? Most people use their mobile phone for local search because they want the information whilst they're on the on-the-go. Mobile apps tend to be more location aware than desktop based web browsers.

Tappit gives independents and small brands a chance to compete on a far more level playing field with their larger competitors. It helps revitalize the high street by providing a dynamic focus and local 'buzz' that is about "my location", thus creating a sense of belonging to a community. This can include retail, leisure and entertainment venues but also news, local history information, art galleries, museums, amateur sports, cultural events, and special interest clubs, etc.

It's really easy for a retailer, restaurateur, small business or entertainment venue, to create an account and publish their advert FREE of charge. There's no catch. However, just like Facebook, Twitter and LinkedIn there is an opportunity for advertisers to pay a small amount for enhanced positioning and additional functionality but it is not compulsory.

During the last few years, retailers have been bombarded with offers to create special daily deals on Groupon, Living Social, Monster Deals, etc. The bad news for the advertiser is that the advertiser firstly has to provide a tempting discount of say 50% and then they have to split the revenue earned with the deal provider – so in they may end up having a huge response to their mouth watering deal but actually maybe making a loss. With Tappit if an advertiser promotes a special offer for £10 – the advertiser is paid the whole £10 directly by the consumer. The Tappit app is free to download and use so everyone wins!

The novelty of being bombarded with offers such as a 75% discount on a Pedicure in Pontypool or a 2-for-1 Massage and Facial in Felixstowe is beginning to lose its appeal. In contrast, Tappit provides local information that is directly relevant to the user's location.

Arts & Entertainment

FOLLOW US ON TWITTER @chiherald

cineworld

Populaire (12A)

FIVE out of Five stars

Running time 111 mins
Director Regis Romsard
Starring Romain Duris, Deborah Francois, Berenice Bejo, Shaun Benson, Melanie Bernier, Nicolas Bedos, Miou-Miou, Eddy Mitchell

Stylishly directed and laugh-out loud funny, this is a hugely enjoyable French romcom (or Fromcom) with a witty, intelligent script and a pair of terrific comic performances from Deborah Francois and Romain Duris

What's it all about?
Directed by Regis Romsard, Populaire is set in 1959 and stars Deborah Francois as Rose Pamphyle, a smalltown shopgirl who dreams of bigger things and lands herself a trial period as secretary to cocky insurance agent Louis Echard (Romain Duris), largely due to her impressively speedy two-fingered typing skills. Though she's something of a washout in the secretary department, Louis agrees to give Rose the job, providing she lets him enter her in the upcoming national speed-typing championship (something that was apparently all the rage in 1950s France).

In order to train her more efficiently, Louis moves Rose into his country mansion, where he makes her undertake a gruelling regimen of physical fitness and typing exercises such as typing out entire works of literature. Naturally, the pair begin to fall for each other, but Louis has a crippling fear of commitment dating back to his time spent in the French resistance and the loss of his childhood sweetheart Marie (Berenice Bejo) to his best friend Bob (Shaun Benson).

The Good
Deborah Francois is utterly charming as Rose, combining sulky insouciance and perky pulchritude to winning effect. Romain Duris is equally good as Louis (his performance lets you see him falling in love with her even if he doesn't realise it himself) and there's strong comic support from Berenice Bejo, Shaun Munro and Melanie Bernier as Annie Leprince-Ringuet, Rose's chief rival in the competition.

The witty, intelligent script cleverly blends both romantic comedy elements (a dash of Pygmalion, a twist of Billy Wilder) and sports competition movie conventions (including an amusing training montage sequence), while subtly toying with the power-play and relationship dynamics between the two (Rose's behaviour when she accidentally meets Louis' family is one of several unexpected delights). In addition, the film is packed with great gags, both verbal and visual.

The Great
Romsard's direction is impeccable throughout, heightened by some achingly gorgeous production design work that expertly pastiches 1950s romcoms, coupled with a suitably fabulous soundtrack (the film has justifiably picked up several comments along the lines of 'Mad Men meets The Artist' and, oddly, Populaire steals an entire scene from Vertigo the same way The Artist stole some of Vertigo's score.

In addition, Romsard orchestrates several terrific scenes, such as a delightfully impromptu dance number, while all the competition sequences are thrillingly shot and edited, generating genuine, air-punching excitement in true sports movie fashion.

Worth seeing?
Populaire is an absolute joy from start to finish, thanks to note-perfect pastiche work, terrific performances and a brilliantly written, frequently hilarious script that cleverly combines romcom and sports movie elements. Highly recommended and one of the best films of the year.

Sky Diary – June 2013
By Peter Littlejohns

MERCURY reaches its maximum altitude on the 7th of June but is faint and low down in the west 90 minutes after sunset.

Venus is much brighter, easier to spot and very close to Mercury on the 12th with the crescent Moon very close to both on the 11th at around 22:30hrs.

On the 21st of the month the Earth has its Summer Solstice when the Sun reaches its most northerly point in the sky, giving us the longest day of the year.

The Moon is at its closest to the Earth (perigee) on the 27th when it is a mere [illegible] away, and as the full Moon will be close to the horizon it will look even bigger this month.

The [illegible] ringed planet Saturn crosses the meridian around 21:45 and is well placed for observing. Even 10x50 binoculars will show an elliptical shape and possibly [illegible].

[illegible] or shower with a double maximum from the constellation of Ophiuchus low down in the South on the 10th and then on the 20th but with a low rate of about 5 an hour.

Planetarium Shows and Dates
June 2013

Sunday 09	3.30pm	The Hunt for Earth-like Planets
Friday 14	7.30pm	The Stars This Month
Sunday 16	3.30pm	Saturn, Lord of the Rings
Sunday 23	3.30pm	Violent Sun, Space Weather
Sunday 30	3.30pm	The Stars This Month

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester.
Alternatively, please phone 01243 774400 or ticket hotline 07818 297202 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. WHAT WORD MEANS 'FRENCH ROMCOM'?

A. FROMCOM

B. LA COMÉDIE ROMANTIQUE

C. OH LA HAHA

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 11th June 2013 at midday. The winner will be notified later on that day.

* Last weeks winner is Jack Ellis from Chichester

[illegible] Herald [illegible] and [illegible] apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL. 0871 200 2000

Get Set for Sussex Day

LOVE SUSSEX? Make sure you make this year's Sussex Day one to remember.

On Sunday, June 16, people across the County will be celebrating all the things that make Sussex special and you can be a part of it.

Local history enthusiasts have a rare opportunity to discover the rich history behind Edes House, in West Street, Chichester.

Guided tours will be taking place at the Grade 1 listed building, which was built in 1696 for local maltster John Edes and his wife Hannah.

Tours start at 10am, midday and 2pm. Tickets cost £14.95 per person and includes light refreshments.

To book a place, please email edeshouse@westsussex.gov.uk or call 01243 777265.

Alternatively you could enjoy a leisurely Sunday afternoon soaking up the beauty of the West Sussex landscape on the Sussex Day Walk, which will take you up and around the Arun Valley near Amberley. It starts at 10.30am (meet at 10am) at Amberley Station.

The walk will be about five miles, including steep hills. For more information, visit www.horshamhealthwalks.co.uk.

The Weald and Downland Open Air Museum will be celebrating the heritage and culture of Sussex with events, including demonstrations of local recipes and crafts. Find out more at www.wealddown.co.uk.

Louise Goldsmith, Leader of West Sussex County Council, said: "We are so fortunate to live in and enjoy such a beautiful County which offers so much.

"There are so many things to see and do and I would encourage all residents of West Sussex to find a way to celebrate what the County means to you."

Sussex Day is held on June 16 to coincide with St Richard's Day, which marks the life of St Richard – the patron saint of Sussex, he was Bishop of Chichester from 1245 until his death in 1253.

For more inspiration, visit www.westsussex.gov.uk for an 'A to Z' list of things to do on Sussex Day, as well as a 'how to' guide for making your own Sussex flag or bunting.

Films showing at New Park Cinema

CHICHESTER cinema at NEW PARK
01243 786 650
'your cinema on the park'

The Big Wedding showing at New Park Cinema

Fri 7 Jun
13.15 The Big Wedding (15) 89m
13.30 Film Course: Cpt. Corelli's Mandolin
15.30 The Great Gatsby (12A)
18.30 Populaire (12A) 111m
21.00 The Big Wedding

Sat 8 Jun
12.30 Populaire
15.00 Theatre: Henry V (PG) 155m
18.00 The Big Wedding
20.15 The Great Gatsby

Sun 9 Jun
13.00 The Great Gatsby
16.00 Populaire
18.30 The Big Wedding
20.30 Populaire

Mon 10 Jun
12.00 The Big Wedding
14.00 Populaire
16.15 The Great Gatsby

Tue 11 Jun
13.15 The Big Wedding
15.30 The Big Wedding
17.45 The Great Gatsby
20.45 Populaire

Wed 12 Jun
12.00 The Great Gatsby
14.45 Populaire
17.00 The Big Wedding

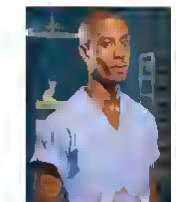
Thu 13 Jun
12.00 Populaire
14.15 The Great Gatsby
17.15 The Big Wedding
19.30 National Theatre LIVE: The Audience (PG) 155m

Advertise. Publish. Easy.
Tappit
You can't knock it.
Visit www.tappit.co.uk to get a FREE account and start creating an advert in just a few easy steps...
Category Location Date Log in Content Publish
MAY 26

SATURDAY'S TV 8.06.13

Listings supplied by Press Association

CHOICE



Michael Obiora

Casualty
BBC1, 9.10pm

Cat McSweeney has had an allergic reaction to her fake tan and is suffering from headaches, dizziness and nausea. While she undergoes treatment, it seems her fella could hold the key to her reaction. Meanwhile, Lloyd (Michael Obiora) is determined to uncover the truth about a cannabis factory on his final day as a nurse, while Tess and Fletch try to counsel a feisty young couple.

BBC1

6.00 Breakfast 10.00 Saturday Kitchen Live 11.30 Nigel Slater's Simple Suppers (R) 12.00 BBC News: Regional News; Weather 12.15 Bargain Hunt (R) 1.00 Homes Under the Hammer (R) 2.00 Total Wipeout (R) 3.00 Live Equestrian. 5.00 Live Formula 1 Canadian Grand Prix: Qualifying Coverage from the Circuit Gilles Villeneuve in Montreal (Start time 6.00pm)

7.10 BBC News: Regional News; Weather

7.30 Pointless Celebrities Stars who have appeared on Strictly Come Dancing, including Gok Jordan, Chris Parker, Chelsee Healey and Laila Rouass, take part in the unorthodox general knowledge quiz. (R)

8.20 The National Lottery: In It to Win It Dale Winton hosts the quiz in which five contestants pit their wits to scoop a big cash prize. Includes the National Lottery draws presented by DJ Rorg

9.10 Casualty Lloyd is determined to uncover the truth about a cannabis factory on his final day as a nurse, while Tess and Fletch try to counsel a feisty young couple.

10.00 BBC News: Weather; National Lottery Update

10.20 Film: The Rock. (1996) An FBI chemical weapons expert and a jailed SAS veteran must break into Alcatraz to bring down a renegade general and his men. Action thriller with Sean Connery and Nicolas Cage.

12.35 I Film Westworld (1973) Sci fi thriller starring Yul Brynner and Richard Benjamin. 1.50 Weatherview 2.00 BBC News.

BBC2

6.00 Film: Room Service. (1938) 7.15 Film: Star of Midnight. (1935) 8.40 The Sky at Night. (R) 9.00 A History of Scotland. (R) 10.00 Reel History of Britain. (R) 11.00 Nature's Great Events. (R) 11.50 Just a Minute. (R) 12.00 The Chef's Protege. (R) 12.30 The Chefs Protege. (R) 1.00 The Chef's Protege. (R) 1.30 The Chef's Protege. (R) 2.30 Coast. 2.00 Live Formula 1 Canadian Grand Prix: Practice Three. 4.10 Natural World: Living with Baboons. (R) 5.10 Flog It! (R)

6.10 Don't Panic! The Dad's Army Story Victoria Wood pays tribute to the comedy and introduces classic moments from the series. Contributors include Ian Lavender, Clive Dunn and Bill Pertwee, who died last month. (R)

7.00 Dad's Army Warden Hodges challenges Captain Mainwaring's decision to a cricket match. Featuring a guest appearance by former England and Yorkshire fast bowler Fred Trueman. (R)

7.30 Live International Rugby Union Argentina v England (Kick off 6.10pm) Coverage of this first fixture in a two match series as the Pumas welcome England to the Estadio Padre Ernesto Martearena in Salta.

10.00 History of the Eagles Part one of two. Profile of the American rock band, chronicling the group's creation and rise to fame in the 1970s through to their break-up in 1980. Concludes tomorrow at 10.30pm.

12.00 California Comes to the Whistle Test. 1.00 I Am Hungerpiper (2007) 3.40 This is BBC Two.

ITV

6.00 CITV: Special Agent Oso 6.10 Special Agent Oso. 6.25 The Hive. (R) 6.35 The Hive. (R) 6.40 Dino Dan. (R) 6.55 Dino Dan. (R) 7.05 Canimals. (R) 7.15 Canimals. (R) 7.20 Almost Naked Animals. (R) 7.35 Ultimate Spider-Man. 8.00 Jessie. 9.25 ITV News. 9.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show. (R) 10.30 Murder She Wrote. (R) 11.20 ITV News: Weather 11.30 Saturday Farm. 12.30 All Star Mr & Mrs. (R) 1.30 Live French Open Tennis

6.00 Regional Programme; Weather

6.15 ITV News: Weather

6.30 You've Been Framed and Tameside Harry Hill narrates a selection of the best celebrity lookalike clips sent in by viewers, including people resembling Tom Cruise, Britney Spears and Prince Harry. (R)

7.30 Britain's Got Talent: The Live Final The 10 finalists, plus a wildcard entry, battle for the chance to appear at the Royal Variety Performance and take home £250,000. Ant and Dec host. Last in the series.

10.00 The Americans The Tibe Jennings try to plant a dug in the defence secretary's office

10.00 ITV News: Weather

11.10 French Open Tennis Highlights of the women's singles final from Roland Garros. The feature attracted the 14th and penultimate day's play of the second Grand Slam tournament of the year.

12.10 Jackpot247. 3.00 The Starter Wife. Molly's friendship with Jean implodes. Last in the series. (R) 3.45 ITV Nightscreen

CHANNEL 4

6.10 The Hoobs. (R) 6.35 The Hoode. (R) 7.05 British F3 International Series. 7.30 The Grid. 8.00 The Morning Line. 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 10.00 The Big Bang Theory. (R) 11.55 The Simpsons. (R) 12.30 Heston's Fantastical Food. (R) 1.35 Channel 4 Racing. 4.10 Come Dine with Me. (R) 4.40 Come Dine with Me. (R) 5.10 Come Dine with Me. (R) 5.40 Come Dine with Me. (R)

6.15 Come Dine with Me The finel dinner party in Swindon (R)

6.40 Channel 4 News

7.00 World's Weirdest Weather Alex Beresford reveals the power of air and its role in the creation of strange weather events, from tornadoes spinning on the spot to dust storms, cloudle raindrows and mirages. (R)

8.00 Grand Designs Kevin McCloud meets two artists who are battling the elements to construct a modern home in the Isle of Skye, with a second building alongside to use as their art studio. (R)

9.00 I Film: The Ghost. (2010) A writer is hired to pen the memoirs of a former prime minister, but comes across secrets that put his life in peril.

11.35 I Film: The Others (2001) Period supernatural thriller starring Nicole Kidman, Fionnula Flanagan, Alakina Mann, James Bentley and Christopher Eccleston

1.30 Scottish F3. 2.10 Hollyoaks. 4.30 Deal or No Deal. (R) 5.15 Countdown. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers: Super Samurai. (R) 10.35 ThunderCats. (R) 10.55 Inside Hollywood. 11.00 World's Scariest Plane Landings. (R) 12.00 Cowboy Builders. (R) 1.00 Cowboy Builders. (R) 2.00 CSI: Miami. (R) 2.55 CSI: Miami. (R) 3.45 CSI: NY. (R) 4.45 Film: Charlie and the Chocolate Factory (2005)

7.00 NCIS The agents reluctantly team up with the Coast Guard to investigate the apparent murder of a Navy diver who was trying to recover a sunken ship and its treasure. With Mark Harmon. (R)

7.50 NCIS A reporter for the Navy Times is found stabbed to death, and the team learns he had been going to meet a cell girl linked to three other murders. (R)

8.40 NCIS A murder is committed while an NCIS employee is moonlighting, so the agents step in to determine whether their colleague is responsible. (R)

9.25 5 News Weekend

9.30 International Boxing James DeGale v Stephan Bozic. Mark Pougatch presents live coverage of the bout for the WBC Super Middleweight Silver title at Glow in Bhewater Kent.

11.00 Neighdeam This Week. Hour-long highlights episode.

12.00 SuperCasino. 4.00 Michaela's Wild Challenge (R) 4.25 Make It Big (R) 4.50 Rosry the Racing Car (R) 5.00 The Adventures of Bottle Top Bill and His Best Friend Corky (R) 5.15 Hana's Helpline (R) 5.25 The Funky Valley Show (R) 5.35 Rosry the Racing Car (R) 5.50 Hana's Helpline (R)

DIGITAL

BBC Three

7.00 Tha Voice UK. 8.00 The Voice UK: Results. 8.30 Russell Howard's Good News. 10.00 Film: Pretty Woman (1990) 11.55 I Family Guy

BBC Four

7.00 Coyote. 8.00 The Riviera: A History in Pictures. 9.00 Arne Dahl: Europa Blues - Part Two. 10.30 Fort's Dagenham Dream. 11.30 Deadliest Crash: The Le Mans 1955 Disaster.

ITV2

6.30 Film: A Cinderella Story (2004) 8.00 Film: The Natty Professor (1996) 10.00 Britain's Got More Talent: The Live Final 11.00 Lemon Le Vela Loca. 11.45 Film: Terminator 2: Judgment Day (1991)

ITV3

4.00 Hyde's Wife. 9.00 Lewis. 9.00 Agatha Christie's Marple. 10.00 Blue Murder. 11.35 Wire in the Blood

ITV4

12.30 Live French Open Tennis, Coverage of the 14th and penultimate day's play from Roland Garros. 7.00 Minder. 8.00 The Sweeney. 9.00 Hell on Wheels. 10.00 Film: Game of Death (2010)

E4

5.30 The Mindy Project. 6.00 The Big Bang Theory. 7.00 Happy Endings. 7.30 How I Met Your Mother. 8.00 2 Broke Girls. 8.00 Film: Transporter 3 (2008) Underworld crime franchise. Frank Martin transports the kidnapped daughter of a crooked government minister across Europe. Action thriller sequel, with Jason Statham. 11.05 The Indetweeners

Film4

2.50 Carry On Constable (1960) 4.35 The Spiderwick Chronicles (2008) 6.25 A Knight's Tale (2001) 9.00 Boomerang (1992) 11.15 Jennifer's Body (2009)

SUNDAY'S TV 9.06.13

CHOICE

Iain Stewart

Rise of the Continents
BBC2, 9pm

The BBC likes its history documentaries, but this new series goes back a wee bit further than most. It sees Scottish geologist and broadcaster Professor Iain Stewart examine the very beginnings of the land masses we know today as our continents. In this open ng edition, Iain takes a look at Africa, and how it was formed from the wreckage of a long-lost supercontinent. He exam nes all the evidence which scientists used to piece the facts together, including the landmarks mineral wealth and wildlife wh ch all provide clues as to the continent's formation.

BBC1

6.00 Breakfast. 9.00 The Andrew Marr Show. 10.00 The Big Questions. 11.00 Sunday Politics. 12.15 Countryfile (R) 1.00 Bargain Hunt. (R) 2.00 Escape to the Country. (R) 3.00 Points of View. 3.25 The People's Coronation with David Dimbleby. (R) 4.25 Songs of Praise. 5.00 Countryfile.

6.00 BBC News: Regional News; Weather

6.15 Live Formula 1 Canadian Grand Prix Suzi Perry introduces coverage of the seventh round of the season at the Circuit Gilles Villeneuve in Montreal. (Start time 7.00pm)

9.10 Doctor Who: The Last Heroes Part one of two. Dan Snow examines how meticulous planning, espionage and 3D aerial photos helped the Allied forces gain a foothold in northern France during the Second World War. Conclusion tomorrow at 9pm.

10.10 BBC News: Regional News; Weather

10.35 Have I Got Old News for You Another chance to see the satirical quiz. (R)

11.00 Live at the Apollo Dara O Briain presents the comedy show from the Hammersmith Apollo, featuring performances by The Inbetweeners star Greg Davies and Canadian comedian Stewart Francis. (R)

11.35 Film: Man of the Year (2006) A talk-show host is elected president, but faces a moral dilemma when he learns he victory was caused by a computer error. Comedy with Robin Williams.

1.25 Weatherview. 1.30 BBC News.

BBC2

6.00 This is BBC Two. 7.00 Film: Christopher Strong. (1933) 8.15 Gardeners' World. (R) 8.45 The A to Z of TV Gardening. 9.30 The Beechgrove Garden. 10.00 Saturday Kitchen Best Bites. 11.30 Dinners, Drives and Dives. (R)

12.00 What to Eat Now. (R) Weather for the Week Ahead. 12.35 EastEnders. (R) 2.25 Film: Confess... (1937) 4.00 Boxing. 5.30 Fling It!

6.15 Ballgnas Head Trip Kate Bliss and James Lewis set off on their Scottish road trip. (R)

7.00 Polar Bones Beats The Dragons' Den star chats to Cadra Beer chairman and co-founder Karen Addington and Charlie Mullins, who runs London-based firm Pimlico Plumbers.

8.00 Operation Snow Tiger Part one of two. Scientists studying endangered Siberian tigers.

9.00 Rise of the Continents New series. Geologist Professor Iain Stewart examines key moments in the development of the world's major land masses, beginning by focusing on the formation and history of Africa.

10.00 Blackadder II Edmund embarks on a voyage around the Cape of Good Hope. (R)

10.30 History of the Eagles Part two of two. The band's reunion in 1994.

11.40 In Concert. The Eagles A 1973 performance by the band. (R)

12.10 What a Load of Buzzcocks. (R) 12.40 Sign Zone. The People's Coronation with David Dimbleby. (R) 1.40 Countryfile. (R) 2.30 Heiny City. (R) 3.35 This Is BBC Two.

ITV

8.00 CITV: Special Agent Oso. 8.10 Special Agent Oso. 8.25 The Hive. (R) 8.35 The Hive. (R) 8.40 Dino Dan. (R) 8.55 Dino Dan. (R) 7.05 Canimals. (R) 7.15 Canimals. (R) 7.20 Almost Naked Animals. (R) 7.30 Teenage Mutant Ninja Turtles.

8.00 Sonny with a Chance. 8.25 ITV News. 8.30 Country House Sunday. 9.25 The Jeremy Kyle Show. (R) 10.30 Murder She Wrote. (R) 11.20 ITV News: Weather. 11.30 Film: Columbo: By Dawn's Early Light. (1974) 1.30 Live French Open Tennis

6.30 Regional Programme; Weather

6.45 ITV News: Weather

7.00 Tipping Point: Lucky Stars New series. Chris Kamara, Rachel Riley and Stacey Solomon team up in a celebrity edition of the quiz in which contestants answer questions to win turns on an arcade-style machine.

8.00 Agatha Christie's Poirot New series. An elderly psychiatrist is murdered.

10.00 ITV News: Weather

10.15 French Open Tennis Highlights of the men's singles final from Roland Garros.

11.45 The Unforgettable: Rosalil Nardy Profile of the chat show host who became a household name in the 1970s and 80s for his staging of some revealing celebrity interviews, as Michael Parkinson's main rival. (R)

12.15 The Store. 2.15 Monk. (R) 3.00 Meters on! UK. Highlights from Doalington Park, featuring the Formula Ford Championship and Fireche Carrera Cup. 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

CHANNEL 4

6.00 The Treacle People. (R) 6.10 Jamcpan Entrance Series. 7.05 Will & Grace. (R) 7.30 Everybody Loves Raymond. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Sunny Rounds. 12.30 The Big Bang Theory. (R) 1.00 The Simpsons. (R) 1.30 The Simpsons. (R) 2.00 Film: The Brady Bunch Movie. (1995) 3.45 Come Dine with Me. (R) 4.55 Deal or No Deal. 5.50 Channel 4 News.

6.15 The Political Diet Saima Malhotra, Labour MP for Feltham and Heston, talks about the benefits of work experience opportunities for teenagers.

8.20 Film: Ice Age: The Meltdown. (2006) Three prehistoric animals search for a home to use as a boat and escape the danger of a melting glacier. Animated adventure sequel, with the voices of Ray Romano and Denis Leary.

9.00 Terror in the Skies New series. Aeronautical engineer Brendan Walker presents shocking footage of aviation incidents and near misses, and tells stories of survival and bravery in the sky.

9.00 The Hallamed New series. French supernatural thriller set in a small Alpine village where a group of men, women and children die, not yet know they have been dead for several years.

10.10 Film: Law Abiding Citizen (2009) Thriller, starring Gerard Butler and Jamie Foxx.

12.20 Film: Funny Games. (2008) 2.15 St Elsewhere. (R) 3.00 Deal or No Deal. (R) 3.30 Come Dine with Me. (R) 4.50 Countdown. (R) 5.35 Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! Pepper Pig. 6.05 Rosary the Racing Car. (R) 6.15 Fifi and the Flowertots. (R) 6.25 Bubble Guppies. 6.40 The Mr Men Show. (R) 6.50 Chloe's Closet. 7.00 Postcode and Custard Tea. (R) 7.15 Peppa Pig. (R) 7.25 Noddy in Toyland. (R) 7.35 City of Friends. (R) 7.50 Little Princess. (R) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8.20 Angelina Ballerina. (R) 8.35 Hana's Helpline. (R) 8.45 Rupert Bear. (R) 9.00 Ben and Holly's Little Kingdom. (R) 9.15 Zody's Travelling Circus. (R) 9.30 Rosry the Racing Car. (R) 9.45 Jelly Jamm. (R) 10.00 Power Rangers: Super Samurai. (R) 10.35 ThunderCats. (R) 11.00 Inside Hollywood. 11.05 Eddie Stobart Trucks and Trailers. (R) 12.05 Police Interceptors. (R) 1.10 Film: Police Academy 5: Back in Training (1988) 2.50 Film: Cop and a Half (1993) 4.55 Film: Dr Dolittle 2 (2001)

6.15 Film: Fairytale: A True Story (1997) Fact-based drama, with Florence Hunt and Elizabeth Earl.

6.00 Once Upon a Time Regina is suspected of murdering Archie.

9.55 5 News Weekend

9.00 Film: The Next Three Days (2010) Premiere. Drama, starring Russell Crowe and Elizabeth Banks.

11.40 Film: 3:10 to Yuma (2007) Western remake, starring Russell Crowe.

1.00 SuperCasino. 4.00 Michaela's Wild Challenge (R) 4.25 Make It Big (R) 4.50 Rosry the Racing Car (R) 5.00 The Adventures of Bottle Top Bill and His Best Friend Corky (R) 5.15 Hana's Helpline. (R) 5.25 The Funky Valley Show. (R) 5.35 Rosry the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three

7.00 Snog, Marry, Avoid? 7.30 Great Movie Mistakes. 7.40 I Am Madagascar. (2005) 8.00 Pollywood Carmen Livia. 12.00 Family Guy

BBC Four

10.45 American Dad! 11.20 Russell Howard's Good News Extra

BBC Four

7.00 Dark Ages: An Age of Light. 8.00 Aristotle's Lagoon. 9.00 Britain Through a Lens: The Doon century. Film Mod. 10.00 Film: The Kid with a Bike. (2011) 11.20 Bobby Womack: Across 110th Street

ITV2

1.45 Britain's Got Talent: The Live Final. 4.20 Britain's Got More Talent: The Live Final. 5.25 I Film: Rookie. (2005) 7.10 I Film: Johnny English. (2003) 9.00 Britain's Got More Talent: Best & Worst: LOL Moments. 10.00 The Only Way is Essex. 10.00 Big Rich Texas. 11.00 Piers Morgan's Life Stories: Jason Donovan

ITV3

2.00 Lewis. 4.00 Housewife. 45. 6.00 Agatha Christie's Marple. 8.00 All the Queen's Men with Alan Titchmarsh. 9.00 Film: The Pianist (2002)

ITV4

11.30 Live British Touring Car Championship. 6.00 French Open Tennis. 8.00 Minder. 9.00 Joey. The Man Who Conquered the TT. 10.30 Film: Nightbreaks. (1981)

E4

4.30 Revenge. 5.30 Mindy Project. 6.00 The Big Bang Theory. 7.30 New Girl. 8.00 Film: The Wedding Planner. (2001) 10.00 Inbetweeners. 11.40 Alan Carr: Chatty Man

Film4

3.15 City of Ember. (2009) 5.00 Addams Family Values. (1993) 6.40 The Jewel of the Nile. (1985) 8.00 Appaloosa. (2008) 11.15 Changing Lanes. (2002)

Monday

BBC1 6.00 Breakfast. 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap. 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Harry Bikers Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless 6.00 BBC News Weather 6.30 Reg onal News Programmes Weather 7.00 The One Show. 7.30 Fake Britain: BBC News Regional News. 8.00 EastEnders 8.30 Blackout Britain Panorama. 9.00 D-Day: The Last Heroes. 10.00 BBC News 10.25 Regional News Weather 10.35 Helicopter Rescue. 11.25 The Graham Norton Show (R) 12.10 Film Don't Worry About Me. (2009) Romantic drama, starring James Brough and Helen Elizabeth. 1.25 Weatherview 1.30 BBC News

BBC2 6.05 Homes Under the Hammer (R) 7.05 Robbed, Raided, Reunited (R) 7.35 Cowboy Trap. (R) 8.20 Sign Zone Chefs. Put Your Menu Where Your Mouth Is (R) 9.05 Const. (R) 10.05 Country Show Cook Off (R) 10.35 Click. (R) 11.00 BBC News. 11.30 BBC World News 12.00 Daily Politics. 1.00 Tennis from Queen's. The opening day of the AEGON Championships. 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Antiques Road Trip. (R) 8.00 Springwatch 2013. 9.00 Two with Nicholas Crane. 10.00 Royal Academy Summer Exhibition. Live Culture Show Special. 10.30 Newsnight Weather 11.20 The Tudors (R) 12.10 The Tudors. (R) 1.00 The Super League Show. (R) 1.45 Sign Zone Keeping Brita n Alive The NHS in a Day (R) 2.45 This Is BBC Two. 4.00 BBC Learning Zone

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickenson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 You, the Duke. 8.30 Coronation Street. 9.00 Vicious. 9.30 The Job List. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Ben Dirm. (R) 11.05 Mink. (R) 12.00 Jackpot247. 3.00 The Jeremy Kyle Show (R) 3.55 ITV Nightscreen. 6.05 The Jeremy Kyle Show (R)

Channel 4 6.00 The Treacle People. (R) 6.10 The Hoobs (R) 6.35 The Hoobs. (R) 7.00 Will & Grace (R) 7.30 Accord ng to Jim 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 Kirstie's Vintage Gems. 12.45 Film The Man Who Shot Liberty Valance (1962) John Ford's Western, with James Stewart and Lee Marvin 3.10 Countdown 4.00 Deal or No Deal. 5.00 From a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv 8.00 Embarrassing Bodies Live from the Clinic 9.00 Child Genius. 10.00 Dates. 10.30 Big Fat Gypsy Weddings: Life on the Run (R) 11.25 Random Acts. 11.40 Human Swarm. (R) 12.40 European Poker Tour 1.35 KOTV Boxing Weekly 2.05 Sailing: America's Cup Uncovered (R) 2.35 British F3 International Series. (R) 3.05 The Grid. (R) 3.30 Blancpain Endurance Series (R) 4.25 Come Dine with Me: Celebrity Special. (R) 5.20 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders (R) 12.10 S News Lunchtime. 12.15 The Restaurant Inspector (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS (R) 3.10 Film: Deadly Encounter (2004) Premiere Thriller starring Laura Leighton. 5.00 S News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 S News at 6.30. 7.00 Chris Tarrant: Extreme Railways (R) 8 News Update. 8.00 The Gadget Show 9 News at a. 9.00 The NCIS Movie. Legend. Feature length ep sode. The agents travel to LA to work with another NCIS team. 10.45 Law & Order: Special Victims Unit. 11.40 Law & Order: Special Victims Unit. 12.35 True Crimes: The First 72 Hours. (R) 1.05 SuperCasino. 4.00 House Doctor (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Crimewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Harry Bikers Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless. 6.00 BBC News Weather 6.30 Regional News Programmes. Weather 7.00 The One Show. 7.30 EastEnders BBC News. Regional News. 8.00 Holby City. 9.00 Frankie. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Agnetha, Abba & After. 11.35 Film Jersey Girl. (2004) Romantic comedy drama, starring Ben Affleck and Liv Tyler. 1.15 Weatherview. 1.20 BBC News.

BBC2 6.05 Homes Under the Hammer (R) 7.05 Robbed, Raided, Reunited (R) 7.35 Cowboy Trap. (R) 8.20 Sign Zone Chefs. Put Your Menu Where Your Mouth Is (R) 9.05 Watchdog. (R) 10.05 Pani Hollywood's Bread. (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Tennis from Queen's. The AEGON Championships. 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Antiques Road Trip. (R) 8.00 Springwatch 2013. 9.00 Town with Nicholas Crane. 10.00 Royal Academy Summer Exhibition. Live Culture Show Special. 10.30 Newsnight Weather. 11.20 The Tudors (R) 12.15 The Tudors. (R) 1.05 Sign Zone The Apprentice. (R) 2.05 Alex Polizzi: The Fixer Returns. (R) 3.05 This Is BBC Two. 4.00 BBC Learning Zone

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickenson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 River Monsters. 8.00 ITV News at Ten. Weather. 8.30 10 00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Real Crime: The Hunt for Mr Swift. (R) 11.35 In Plain Sight. 12.20 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.05 Kirstie's Homemade Home. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 Kirstie's Vintage Gems. 12.50 Film The Man Who Knew Too Much. (1956) Alfred Hitchcock's thriller remake with James Stewart and Doris Day. 3.10 Countdown 4.00 Deal or No Deal. 5.00 From a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv 8.00 Embarrassing Bodies Live from the Clinic 9.00 Child Genius. 10.00 Dates. 10.30 Big Fat Gypsy Weddings: Life on the Run (R) 11.25 Random Acts. 11.40 Human Swarm. (R) 12.40 European Poker Tour 1.35 KOTV Boxing Weekly 2.05 Sailing: America's Cup Uncovered (R) 2.35 British F3 International Series. (R) 3.05 The Grid. (R) 3.30 Blancpain Endurance Series (R) 4.25 Come Dine with Me: Celebrity Special. (R) 5.20 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Eddie Stobart Trucks and Trailers (R) 12.10 S News Lunchtime. 12.15 The Restaurant Inspector (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Elevator Girl (2010) 5.00 S News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 S News at 6.30. 7.00 Monkey Life (R) 7.30 Highland Emergency (R) 8 News Update. 8.00 Gibraltar: Britain in the Sun. 9 News at 9. 9.00 CSI: Crime Scene Investigation. A police profess onal is murdered. Guest starring: David Cassidy. 10.00 Body of Proof. 10.55 CSI: Miami (R) 11.50 CSI: Miami. (R) 12.45 True Crimes: The First 72 Hours. (R) 1.10 SuperCasino. 3.55 House Doctor (R) 4.40 Great Artists. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Crimewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Cnubnry (R) 3.00 Perfection. (R) 3.45 Harry Bikers Best of British (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Reg onal News Programmes. Weather. 7.00 The One Show. 7.30 Traffic Fress: Highway Robbery? Panorama. BBC News. Regional News. 8.00 Watchdog. 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Question of Sport. 11.35 Life Savers. (R) 12.05 Film The Last Shot. (2004) Crime comedy, starring Matthew Broderick. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Robbed Raided, Reunited. (R) 7.30 Cowboy Trap. (R) 8.15 Sign Zone Chefs. Put Your Menu Where Your Month Is (R) 9.00 Great Bear Stakeout (R) 10.00 Monty Don's French Gardens (R) 11.00 BBC News. 11.30 Daily Politics. 1.00 Tennis from Queen's. The AEGON Championships. 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Springwatch. 2013. 8.30 Springwatch Unsprung. 2013. 9.00 The Jesus War. 10.00 The Apprentice: You're Fired. 10.30 Newsnight Weather. 11.20 The Tudors (R) 12.10 The Tudors (R) 1.00 Sign Zone Toughest Place to Be a Farmer (R) 2.00 This Is BBC Two. 3.50 BBC Learning Zone

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickenson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 All Star Mr & Mrs. 9.00 Love and Marriage. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Joanna Lumley: Jewel in the Nile. (R) 11.35 The Deles. (R) 12.05 Jackpot247. 3.00 British Touring Car Championship. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.05 Kirstie's Homemade Home. (R) 6.10 The Hoobs (R) 6.35 The Hoobs. (R) 7.00 Will & Grace (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course. (R) 12.35 Kirstie's Vintage Gems. 12.50 Film The Sons of Katie Elder (1965) Western starring John Wayne. 3.10 Countdown 4.00 Deal or No Deal. 5.00 Four in a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv 8.00 Location Location Location (R) 9.00 24 Hours in A&E. 10.00 Dates. 10.30 10 O Clock Live. 11.30 Random Acts. 11.35 Super Tornado (R) 12.30 Muslin on 4 Mercury Prize Sessions. Tom Odell. 12.45 One Born Every Minute USA. 1.40 Film. I Think I Love My Wife (2007) Comedy starring Chris Rock. 3.15 Come Dine with Me (R) 4.10 Deal or No Deal. (R) 5.05 Countdown. (R) 5.50 Kirstie's Vintage Gems. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders (R) 12.10 S News Lunchtime. 12.15 The Restaurant Inspector (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS (R) 3.10 Winter Solstice (R) 5.00 S News at 5. 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 S News at 6.30. 7.00 Frontline Police. (R) 8 News Update. 8.00 Emergency Doctors. (R) 9 News at 9. 9.00 NCIS: Zoni and Tony try to rescue a US Navy chaplain kidnapped by Colombian rebels. 10.00 Murder Files: The Sketchbook Killer. A murderer who used his crimes for artistic inspiration. (R) 11.00 Crimes That Shook the World: The crimes of serial child killer Marc Dutroux. 12.00 National Health: Op Poker Championships. 12.55 SuperCasino. 4.00 House Doctor (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Crimewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Harry Bikers Best of British. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders BBC News. Regional News. 8.00 Waterloo Road. 9.00 Life Savers. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 This Week. 12.30 Holiday. Weatherview. 12.35 BBC News.

BBC2 6.05 Homes Under the Hammer (R) 7.05 Robbed, Raided, Reun ted (R) 7.35 Cowboy Trap. (R) 8.20 Sign Zone Chefs. Put Your Menu Where Your Mouth Is. (R) 9.05 Great Continental Railway Journeys. (R) 10.05 Country Show Cook Off. (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Tennis from Queen's. The AEGON Champ onships. 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Antiques Road Trip. (R) 8.00 Springwatch 2013. 9.00 Horizon. The Secret Life of Cats. 10.00 Mock the Week. 10.30 Newsnight Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.10 Sign Zone. Birdskl Estate: The Traveller's Guide to Elizabethan England. 10.00 Horizon. Little Cat Diaries. 10.30 Newsnight. 11.00 Weather. 11.05 Film. The Breakfast Club. (1985) John Hughes drama, starring Emilio Estevez. 12.40 Sign Zone. Question Time. (R) 1.40 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickenson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 America and Its Guns Tonight. 8.00 Emmerdale. 8.30 Paul Gadsby: For the Love of Dogs. 9.00 Happy Families. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Vicious. (R) 11.05 The Job Lot. (R) 11.35 The Cube. (R) 12.30 Jackpot247. 3.00 America and Its Gone Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course. (R) 12.35 River Cottage Veg Heroes. (R) 1.05 Film. King Solomon's Mines (1950) Adventure with Stewart Granger and Deborah Kerr. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Four in a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv 8.00 Four Rooms. 9.00 The Mill on Pound Drop Live. 10.35 Micky Flanagan's Out Out Tour. (R) 11.35 10 O Clock Live. (R) 12.30 Random Acts. 12.35 The Simpsons. (R) 1.00 The Million Pound Drop Live. (R) 2.30 New Girl. 2.50 The Mindy Project. 3.15 Happy End ngs. (R) 3.40 The New Normal. 4.00 Accidentally on Purpose. (R) 4.25 Gone Fishing. (R) 4.40 Deal or No Deal. (R) 5.35 Baking Mad with Cre Lambert. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Highland Emergency. (R) 11.45 S News Lunchtime. 11.50 Big Brother Live Launch Part 1. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film. Deadly Isolation (2005) Premiere. Thriller starring Sherilyn Fenn. 5.00 S News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 S News at 6.30. 7.00 The Removal Men. (R) 8 News Update. 8.00 Eddie Stobart: Trunks and Trailers. 9 News at 9. 9.00 Big Brother Live Launch Part 2. Emma Willis presents further coverage from the compound. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother Live from the House. 12.00 SuperCasino. 3.55 Motorsport Mumbai. 4.20 House Doctor (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Crimewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Harry Bikers Best of British (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Would I Lie to You? 9.00 Miranda. (R) 9.30 Mrs Brown's Boys. (R) 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 Film. Dinner for Schmucks. (2010) Premiere. Comedy, starring Steve Carell and Paul Rudd. 1.10 Weatherview. 1.15 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Robbed, Raided, Reunited. (R) 7.30 Cowboy Trap. (R) 8.20 Sign Zone Chefs. Put Your Menu Where Your Month Is. (R) 9.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Tennis from Queen's. The quarter-finals of the AEGON Championships. 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Antiques Road Trip. (R) 8.00 Nature's Microweeks. 8.30 Sand and World. 9.00 The Time Traveller's Guide to Elizabethan England. 10.00 Horizon. Little Cat Diaries. 10.30 Newsnight. 11.00 Weather. 11.05 Film. The Breakfast Club. (1985) John Hughes drama, starring Emilio Estevez. 12.40 Sign Zone. Question Time. (R) 1.40 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickenson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 America and Its Guns Tonight. 8.00 Emmerdale. 8.30 Paul Gadsby: For the Love of Dogs. 9.00 Happy Families. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Vicious. (R) 11.05 The Job Lot. (R) 11.35 The Cube. (R) 12.30 Jackpot247. 3.00 America and Its Gone Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 7.05 Will & Grace. (R) 7.30 Accord ng to Jim. 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course. (R) 12.35 Kirstie's Vintage Gems. 12.50 Film. Captain Horatio Hornblower RN. (1951) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 From a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv 8.00 Four Rooms. 9.00 The Mill on Pound Drop Live. 10.35 Micky Flanagan's Out Out Tour. (R) 11.35 10 O Clock Live. (R) 12.30 Random Acts. 12.35 The Simpsons. (R) 1.00 The Million Pound Drop Live. (R) 2.30 New Girl. 2.50 The Mindy Project. 3.15 Happy End ngs. (R) 3.40 The New Normal. 4.00 Accidentally on Purpose. (R) 4.25 Gone Fishing. (R) 4.40 Deal or No Deal. (R) 5.35 Baking Mad with Cre Lambert. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Highland Emergency. (R) 11.45 S News Lunchtime. 11.50 Big Brother Live Launch Part 1. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film. Deadly Isolat on (2005) Premiere. Thriller starring Sherilyn Fenn. 5.00 S News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 S News at 6.30. 7.00 The Removal Men. (R) 8 News Update. 8.00 Eddie Stobart: Trunks and Trailers. 9 News at 9. 9.00 Big Brother Live Launch Part 2. Emma Willis presents further coverage from the compound. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother Live from the House. 12.00 SuperCasino. 3.55 Motorsport: Mumbai. 4.20 House Doctor (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Healthy and Tasty... Middle Eastern food is on the up

FLAVOURS from the Middle East have been growing in popularity in recent years and now dishes and ingredients once seen as exotic are now becoming more commonplace.

Preserved lemons, used in many Middle Eastern dishes has seen a whopping rise in sales of 72% since this time last year and harissa, the spicy sauce, has also seen a rise in popularity by 62%. Sumac, a less traditional ingredient, with a tart flavour, has been on Waitrose shelves for 11 years, but over the last year, sales have grown 23%.

As Yotam Ottolenghi a leading chef in Middle Eastern cooking comments, 'I knew something was achieved when I recently spotted sumac in the spice section of my local Waitrose'.*

Houmous is now so mainstream that it is part of the essential Waitrose range, viewed as a grocery staple. So popular is this tasty dip that there are more than 10 Waitrose own label variants and it is one of the best sellers in the delicatessen department. Even Tahini, a key ingredient for making your own houmous, has risen by nearly 40%.

Food safety to have tougher testing

WHITEHALL officials are to take a tighter grip of efforts to guarantee the "authenticity" of British food in a desperate attempt to rebuild confidence in the produce on supermarket shelves following the horsemeat crisis.

The Department of Environment, Food and Rural Affairs (Defra) is to take joint control of an official body designed to improve work to test products, spot risks and prevent dubious items entering the food chain.

Trading standards officers will also be forced to improve their monitoring of food on sale, under an "action plan" to be discussed by the Food Standards Agency (FSA).

The report on "food authenticity" will lay out plans to protect the food chain by stepping up national co-ordination of testing and monitoring by local authorities, "setting priorities for sampling and analysis targeting enforcement action, and opportunities for the FSA to play a stronger role in guiding activity".

The paper reveals that the number of food samples taken by councils has fallen in recent years, dipping by 14.0 per cent in the year to 2012 alone. And it warns the effectiveness of the testing programme could be threatened by government cuts.

The "action plan" is the first official acknowledgement of failures in the system set up to protect consumers from contamination of the sort that was exposed through investigations in Ireland – in January. A government inquiry into the adulteration of processed beef products with horsemeat and pig meat, and an FSA review led by Professor Pat Troop, vice-chair of Cambridge University Hospitals, are expected to finish this year.

But the FSA proposal to "ensure effective consumer protection" reveals that the decision has already been made to have the Authenticity Steering Group, which spearheads efforts to prevent food fraud, run jointly by the FSA and Defra.

Andrew Rhodes, the FSA's director of operations, said part of the steering group's remit would be to "ensure that the authenticity programme is targeting the right priorities to make sure enforcers have the methods they need to address emerging food mislabelling and food fraud issues".

Mr Rhodes's report also concedes that the FSA needed to improve relations with the food industry, which had "sometimes been cautious in sharing intelligence on risks with us in case specifics emerge – that compromise their commercial interests".

Anne McIntosh, a Tory MP and chair of the Environment, Food and Rural Affairs Committee, which is investigating the crisis, said: "We were critical of the FSA when we reported on de-snewed meat last year, and we couldn't have been clearer in our warnings that there was a potential for... contamination."

Michael Walker, science and food law consultant to the Laboratory of the Government Chemist, said the FSA plan was "a proportionate response". But he added that it is up to local authorities to "support the scientific infrastructure" for testing.

Healthy eating week aims to tackle children's food ignorance

MORE than one-quarter of primary school children think cheese comes from plants, according to new research published this week.

The study, carried out by the British Nutrition Foundation (BNF) also found 21% of primary school pupils think fish fingers are made from chicken.

More than 27,500 children across Britain took part in the poll, which revealed more than one in five, or 21%, secondary school children believe that tomatoes grow on trees.

The survey, one of the largest of its kind, was conducted as part of the BNF's Healthy Eating Week.

As part of a week-long initiative pupils at across Britain will learn valuable lessons about healthy eating, cooking and where foods come from.

Roy Ballam, education programme manager at the BNF, said: "With the opportunities provided by Curriculum for Excellence, schools are keen to access guidance on food and nutrition to support the learning needs of children and young people, especially at a time when levels of childhood obesity are soaring.

"Through Healthy Eating Week, we hope to sustain the process of re-engaging children with the origins of food, nutrition and cooking, so they grow up with a fuller understanding of how food reaches them and what a healthy diet and lifestyle consists of."

Asda to give surplus food to needy people

CHARITIES are set to benefit from a scheme that will result in surplus food stock at a leading UK supermarket being donated to vulnerable people.

Asda said a pioneering partnership with food redistribution charity FareShare will mean an extra 3.6 million meals will go to those in need every year.

When surplus stock is received by supermarkets, it is usually returned to the manufacturer and often goes to waste, according to an Asda spokesman. The new scheme will see it sent to Fareshare and then redistributed to local charities.

FareShare chief executive Lindsay Boswell said: "This partnership involves the redistribution of surplus food at unprecedented levels never before undertaken by a retailer on this scale in the UK. We also know there are more people turning to charities for food than at any other time in our history."

Barry Wilhams, chief merchandising officer for food at Asda, said: "It's hard to believe that, in this day and age, nearly four million adults and children in the UK go to bed hungry each year.

Food poverty is a very real problem and it's getting worse, not better.

Through our new supply chain model and work with FareShare, I'm proud we're able to help feed millions of vulnerable people around the UK who would otherwise go hungry."

the ship
Hotel, Bar & Restaurant

Hotel | Bar | Restaurant | Weddings | Meetings | Occasions

Introducing Our NEW Summer Menu

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Bringing more colour into your life!

Denise Kelly

WE SHOULD never underestimate the power of colour and the strong impact it has on how we feel and think and even how much we eat

With stress being linked more often to physical and mental illness, finding natural ways to calm your mind, body and spirit can be massively beneficial.

Interestingly a company in London found that morale improved, there were fewer work-related accidents and there was a higher sense of job satisfaction overall when they used orange paint to cover the grey machinery!

I was also told once that employees working on a farm found that the 'new" green boxes weighed less than the black ones they were accustomed to using. The management had not bought new boxes, but simply painted over the original black equipment!

Also a bridge in London, made famous by the number of suicides committed from it, saw a decline in annual suicides by more than 30% when they repainted the bridgework green.

So what are the top 3 colours to make us feel calm and stress free?

1. GREEN

Green is a colour that inspires peace and tranquility. It's the most common colour in nature and green can make you feel grounded, creative, and calm. It is the easiest color on our eyes and can be stared at the longest without eye strain or agitation and can help to teach you how to calm your mind.

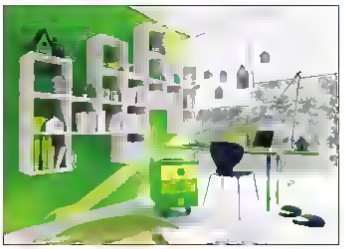
Employees in a green environment are more productive and happier overall- that's why production studios have 'green rooms' because they have a greater calming effect on guests than other colors do. Also, green fabric looks good on all skin tones and makes the wearer feel refreshed and optimistic!

2. BLUE

Blue emits a sense of calm and well being. The colour of water and sky, blue is equated with positive things. Blue can also have a sedative effect as it calms the mind and can actually lower your blood pressure and body temperature. By surrounding your workspace in blue you can help focus and memorize details more fully. Blue inspires trust, maturity and dependability and men in blue project feelings of security and stability in the opposite sex! You could try painting your kitchen blue as it is said to decrease calorie consumption by 30%

PURPLE

Purple in all shades has a calming mental effect and boosts sex drive. The colour purple in a bedroom triples the sexual activity of long- term couples and since ancient times, the colour purple has been associated with royalty, wisdom and spirituality. It is a wonderful choice for spaces used to create or meditate. Inspiring independence, originality and a sense of purpose

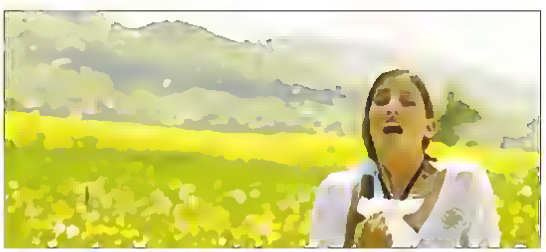


A green working environment can help reduce stress

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www denisekelly co uk

DID YOU KNOW... Chromophobia (also known as Chromatophobia) is the rare, persistent, irrational fear of colours. Some people who have this disorder will react strongly to certain shades or tones, while others will try to avoid colour altogether. Some signs and symptoms are: nausea, dizziness, shortness of breath, feelings of panic, elevated heart rate and blood pressure, anxiety, light headedness, headache, and trembling.

Experts predict later, stronger hayfever season



2012 SAW the longest hay fever season in twenty years, leaving an estimated 9 million sufferers in agony. This year, scientists have predicted that the constant changes in weather will result in a shorter but more intense hayfever season, with June expected to be particularly bad.

Beverley Adams-Groom, Chief Palynologist from the National Pollen and Aerobiology Research Unit at the University of Worcester said, "This year the pollen seasons are late due to the cold winter and this means that more plants will be flowering simultaneously. So, a shorter season but perhaps more severe than last year is expected".

Optician Lara Hefson advises, "Although people instantly think to take a tablet to soothe hayfever symptoms, Sodium Cromoglicate eye drops are key for hayfever sufferers with eye symptoms. They help to prevent the allergy response by stopping histamines being produced. This stops your eyes from getting itchy, red and watery, which can be a real relief. Murine have a drop specifically formulated for hayfever with a prescription strength solution that helps you carry on as normal".

Murine Hayfever Relief Eye Drops provides a straight forward, rapid and effective means of reducing eye discomfort caused by hayfever symptoms, without the need for a tablet. Available from Tesco, Superdrug, Rowlands and pharmacies nationwide priced £4.99 for 10ml. For further information, visit murine.co.uk.

Stress and Anxiety Relief

CAN YOU IMAGINE your life without stress? Any kind stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular. Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find reprieve from physical symptoms, such as tense muscles, muscular pains, high blood pressure, etc. Making you will feel refreshed and energized. More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day-to-day stresses of life more effectively. Alternatively, acupressure can be applied to people who have a fear of needles. However, acupressure (massage) is often applied to clients after a session of acupuncture, in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combining them to help you enjoy a happier and healthier life.

Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 18 years. He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester Town centre: Harmony Acutherapy Clinic, 4 the Chambers, 28 Chapel street, Chichester PO19 1DL. Call 01243 537806. Free consultations, free car parking.

Harmony Acutherapy Clinic

Holistic Acupuncture, Acupressure & Traditional Chinese Medicine

Nuffield Health Hospitals

Southern Cosmetic Surgery

At Nuffield Health Chichester Hospital

JUNE EVENTS

Jeremy Hurren, Consultant Plastic Surgeon, will be hosting a free talk on "Cosmetic Surgery of the Breast and Body" on Thursday 13 June. This will be a talk about cosmetic breast surgery (enlargement, reduction and uplift), tummy tucks, liposuction and body contouring. Following this he will be doing a Meet the Surgeon One to One Clinic on Saturday 15 June.

TALK

Oate: Thursday 13 June
Time: 7pm
Place: Nuffield Health Chichester Hospital,
7B Broyle Road, Chichester,
West Sussex, PO19 6WB

MEET THE SURGEON ONE TO ONE

Date: Saturday 15 June
Time: 9-11am
Place: Nuffield Health Chichester Hospital,
7B Broyle Road, Chichester,
West Sussex, PO19 6WB

To book onto one of the free events or for more information please call 01243 888539
or visit nuffieldhealth.com/southerncosmeticsurgery

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Record number of Brits spring clean their wardrobe

SPRING arrived in record fashion in Marks & Spencer stores this May, with staggering numbers of shoppers descending on the retail giant to swap their unwanted clothes. The bi-annual One Day Wardrobe Clear Out money-off event, in conjunction with Oxfam, saw 435,000 used and unwanted items shopped over 12 hours – the equivalent of 604 items a minute.

The event, as part of M&S and Oxfam's sustainable fashion initiative Shwopping, will see every item donated go on to be re-sold, re-used or recycled by the charity, cutting waste and raising much needed funds in its fight against global poverty. The record 435,000 items shopped will raise an estimated £504,000 for Oxfam.

One Day Wardrobe Clear Out on Thursday 9th May asked customers to help ease the landfill burden as part of a special 'money off' Shwopping event, with all those who shopped receiving a £5 money-off voucher.

Marks & Spencer's Castlepoint store was crowned 'Top of the Shwops' with 3,502 items donated in their 12 hours of Shwopping hours.

Adam Elman, Head of Marks & Spencer's Plan A Delivery, said: "It's amazing to see so many people taking part and shwopping their clothes to support Oxfam. 435,000 clothes donated is a fantastic achievement, this is by far the most successful clothes-recycling event we have ever had. It doesn't stop here, with over 1 billion items sent to landfill each year in the UK, we hope that customers will continue to adopt a 'buy one, give one back' culture when they shop and help us to build a more sustainable future."

Since its launch in April last year, Oxfam has received over 4.3 million items of clothing thanks to Shwopping, worth over £2.8 million for the charity. All money raised by Shwopping is used to support Oxfam's projects around the world working to alleviate poverty.

For more information on Marks & Spencer and Oxfam's Shwopping initiative, visit marksandspencer.com/shwopping

Till debt do us part

OVER HALF of newlyweds (52 per cent) think wedding costs have spiralled out of control with one in ten (12 per cent) now in over £3,000 worth of debt due to the cost of their nuptials, according to new research.

The research, by Sheilas' Wheels home insurance found that the average wedding now comes in at £18,244 with 16 per cent of couples revealing they argued at least once a week during the planning process because of their finances while one in ten newlyweds (11 per cent) even came close to breaking up due to wedding related money woes.

According to the findings, one in five (21 per cent) had to take out credit cards and loans to pay for their big day with a further quarter (25 per cent) borrowing money from family and friends. Costs are hitting 25 to 34 year olds the hardest with a fifth (20 per cent) having to choose between a wedding or getting that first leg up on the property ladder. 19 per cent admit to almost breaking up in the run up to their wedding with a third (33 per cent) getting into debt to pay for it. A further one in five (23 per cent) have put off getting married due to their strained finances.

Almost one in five (18 per cent) blame the pressure to 'keep up with the Jones' as the main reason for wedding costs snowballing, whilst a third (33 per cent) put it down to their ever-expanding guest list. Pressure to host a free bar has caused 16 per cent of newlyweds' finances to get out of control, and almost one in five (19 per cent) felt obligated to let out their bridal party with full regalia even though they could not afford to do so.

Furthermore, nearly a quarter of those surveyed (24 per cent) think they were overcharged by wedding suppliers with 20 per cent admitting they booked venues or caterers and later regretted it, due to the cost. A fifth (20 per cent) even said they were too embarrassed to haggle or negotiate.

The research reveals that savvy brides and grooms are now going to increasing lengths to recoup costs from the big day with one in ten (12 per cent) admitting they e-bayed items bought from their gift list and 10 per cent admit to returning them to the shop to generate some cash. One in ten brides (11 per cent) sell their wedding dress online to get some cash and a further quarter (26 per cent) ask for money as a wedding gift to help their finances. 15 per cent even say it's specifically to pay off debts.

Horoscopes

Horoscopes from Kimi
7th June – 13th June

Aries

Things are changing at a pace learn to let go. There may be a misunderstanding this week with a loved one. You don't need to avoid the hurt you are feeling but try not to jump in with both feet when you tackle the issue. A little fact will ensure you get the loving resolution to the problem you need.

Taurus

Delegation is key this week you could be working on a collaborative project or hiring help. You can't do it all on your own, so don't! Give yourself a little me time. You know you are at your best when you have inner peace so take time out this week to undertake activities which fulfill you spiritually.

Gemini

Change is happening in all areas of your life at the moment but you do have a tendency to rush things. You will never stop being spontaneous and that is part of your charm but do try to manage the change a little and good things are forecast. If not you could find yourself burnt out emotionally and financially!

Cancer

Why do the work if you get none of the glory? So long as you choose your words carefully this would be a good time to let others know of your talents and hard work. A part time hobby or interest not only brings fulfillment but may turn out to be something that could also bring financial gain.

Leo

Try not to let petty jealousies and insecurities ruin any long term relationships. All that is needed is for you to use a little candour and recognize that most of what is going on is in your head. On the other hand, any new relationship needs to be approached with caution this week, things may not be all they seem.

Virgo

This is a great week for networking and pressing flesh. Don't turn down a single opportunity as new people you meet may have the potential to develop your career, social and love life. If you have been experiencing difficulties of late with your nearest and dearest now is a good time to work together on strengthening your relationship.

Libra

A good week for financial issues. Sorry you are unlikely to be winning the lottery but new relationships forged at work prove profitable. The holiday season is upon us and you feel the need to plan yours this week. Time to step outside your comfort zone and book that exotic destination you have only so far dreamed of.

Scorpio

A good week for making romantic connections. If you are with a partner you need to open up a little more, this will not make you vulnerable but will give your other half a greater insight into what makes you tick. If you are single enjoy the warm feeling of being desired but do ever vigilant for the player!

Sagittarius

If you don't tell them how will they know? You feel like you have been giving and giving and getting nothing back but have you ever thought that maybe you have brought about this current situation. You have a tendency to bottle up your resentments and then blow. Be assertive not aggressive and you will be pleasantly surprised!

Capricorn

Just because the tide has gone out on a particular relationship does not mean it is lost. Remember just like the sea our connections ebb and flow. You are going through a transitional period where a boss may become a colleague, a friend a client or lovers may become friends and friend's lovers. Embrace the change it's for the best.

Aquarius

Although things have been improving on the financial and work front this does not mean you are running with the big boys so stop acting as though you are! No one will think any the less of you if you stop spending like Midas. Focus on your love interest this week it will prove far more profitable and rewarding.

Pisces

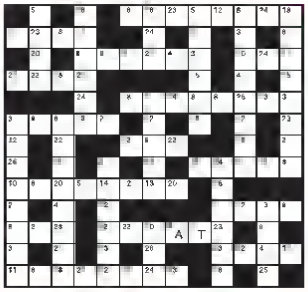
It's not only your charm that others find arresting but your great organizational skills too. This is no time for self doubt, who will love you if not yourself? If you are in a relationship this would be a good time to inject a little passion into your love life. If single you will find yourself enjoying some flirtatious moments.

Brain Gym

No.121

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	15
3	16
4	A 17
5	18
6	19
7	20
8	T 21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

1 S	2 M	3 V	4 K	5 J	6 W	7 P	8 R	9 O	10 A	11 Y	12 X	13 Z
14 U	15 H	16 D	17 T	18 G	19 C	20 L	21 F	22 I	23 E	24 N	25 B	26 Q

Wordsquare

S	P	E
N	H	C
S	E	A

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found

How you rate

15 words – average
20 words - good
25 words - very good
30 or more - excellent

Last week's solutions

aerate area arene, arrant aware aern warner
satin artar erne arrant aiser narrate, near
nearer nester newer nerse rant rantes rare, rate,
rate rater rewas rear renew rent rentier raisin
tare torn tear tern terra, tree, wire worn warner,
warrant, warrantee warren wart, water waterer
Wear wearer were wert, wren.

Double Crossword

Choose either quick or cryptic clues

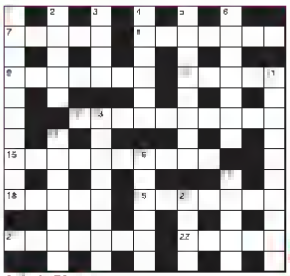
Cryptic Clues:

Across

7 A payment for a canal island (5)
8. Moral consideration of little weight? (7)
9. Hold in great affection (7)
10. Emblem of the bears (5)
12. They promise good, but frequently (5,5)
14. Makes a translation the printer set all wrong (10)
16. Seems to make appearances (6)
19. Not to agree to a full reorganisation (4,3)
21 He hopes to have a successful run (7)
22. A fascinating creature newly risen (5)

Down

1. But she is unlikely to rush into marriage! (6,4)
2. It's charitable to give its benefit (5)
3. Some simple answer as an excuse (4)
4. Value tools for a point (8)
5 A note of whimsy? (6)
6. Grave words (7)
11. Support for a player (6,6)
13. Stopped acting out re-heads (8)
14. A prize for waste! (7)
15. It helps to keep a roof over one's head (6)
17. The directors didn't second very keen (5)
20. Failed – for want of direction? (4)



Quick Clues:

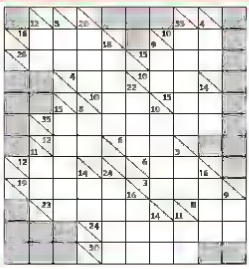
Across

7 Sullen (5)
9 Sewers (7)
9 Fish (7)
10 Entice (5)
12. Loud-voiced (10)
15 Arsonist (10)
18. Artless (5)
19 Suffer (7)
21 Spin (7)
22 Short (5)

Down

1 Burden (10)
2. Sham (5)
3. Kind (4)
4 Hurry (8)
5 Slaughterhouse (5)
6 Tumult (7)
11 System of musical notation (6,3-2)
13 Fondly (8)
14. Attain (7)
16 Hardened (6)
17 Coach (5)
20 Liability (4)

Kakuro



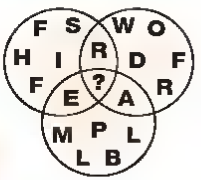
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.

The letter represented by the question mark is T. Mosquito Tempest, Spitfire, all British WWII aircraft

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

		E			
			E		
	M				
					R
S					

A

M	E	T	E	N
S	T	O	H	M
T	E	D	S	E
M	E	D	E	T
R	E	E	R	E

B

Last week's solutions

Motel Ochre Thief Erect Lefty

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Simple

	2	8	3			6		
9				2	4		5	8
	7		9		8		2	
	8		2				1	
7		2		1		3		4
	1				5			2
	4		6		9	2		
8			5		2			1
		5			7	9	8	

Intermediate

			1		7		4	
	3				8		7	
4			5		9			8
		5	2		1	3		
7	4						8	
		3	7	8	4	5		
2			3		6			4
	5					8	2	
		4		1		7		

Difficult

	1		8	5			4	
	6				2			3
		2						8
	3			8				6
		5				1		
1				4			9	
9						7		
2			4				3	
	7			9	3		6	

Last week's solutions. > From top to bottom: Simple, Intermediate, Difficult

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Property

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

A detached thatched character residence situated approx. 150 yards from the private beach. The picturesque property has been made the subject of an extensive programme of refurbishment since 1997. A good size dual aspect main living room, sitting room, refitted kitchen/breakfast room, utility room, cloakroom, master bedrm with en suite bathrm, three further bedrms (two with en suite bathrms), first floor cloakrm, garage and gardens. EPC RATING D

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk

coastguardsproperty

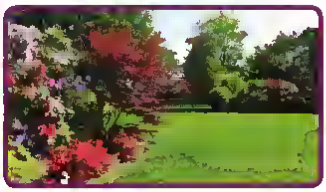
6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

rightmove.co.uk The UK's number one property website
PrimeLocation.com
NAEA
Zoopla.co.uk Your advantage in property
The Property Ombudsman

CRAIGWEIL PRIVATE ESTATE £895,000

An impressive detached residence situated on a large double plot believed to be in the region of one acre approx. 400 yards from the beach G.F.H. leaded light dble glazing entrance hall refitted gr fl bathrm triple aspect lounge large dual aspect sun room hobbies room din ng room study/ gr fl bedrm with an suite shower rm kit/breakfast rm utility area with laundry room garden room galleried landing 3/4 double bedrooms refitted shower room double garage with workshop/storage rm carport large front garden with parking for several vehicles superb secluded rear garden amounting to almost 3/4 s of an acre with tennis court, summer houses and garden shed EPC RATING D



ALDWICK BAY ESTATE £795,000

An elegant Georgian style det. residence situated in the premier thoroughfare in the Aldwick Bay private marine estate approx 150 yards from this private beach. The property has been made the subject of a prog. emme of refurbishment & remodelling in recent years. G.F.H. a new slate roof with enhanced insulation, modern wall electrics including external power points to the front and rear u.P.V.C. double glazing. Thermally cavity wall insulation entrance hall, cloakrm,a 25' triple aspect lounge, a triple aspect garden rm, bright & spacious dual aspect kitchen/dining rm separate utility rm a study/office a master bedrm with en suite shower rm 3 further bedrooms a bathrm garage & gard s re-roofed & resloped gardens with a new block paved drive & vehicular parking EPC rating D

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C. double glazing fascias & soffits cavity wall insulation, cloakrm lounge dining rm sitting rm kit/breakfast rm, master bedrm with an suite bathrm four further bedrms second bathrm, shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK £595,000

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate Built-in the 1970 s and requiring modernisation and some refurbishment majority double glazed gas central heating u.P.V.C. fascias/soffits large open plan living area good sized kitchen/breakfast room utility room master bedroom with en suite shower room two further bedrooms bathroom double garage South facing garden with direct beach access. SUPERB SEA VIEWS EFC rating is E

CRAIGWELL PRIVATE ESTATE £465,000

A detached cottage style house situated in a cul-de sac of the private estate just 300 yards from the private beach G.F.H. u.P.V.C. d/glazing triple aspect lounge good sized dining room fitted kitchen with separate utility room cloakroom four bedrooms (one with walkin wardrobe/ storage area) bathroom, garage and delightful mature gardens EPC rating is E

ALDWICK BAY ESTATE £450,000

A detached character cottage situated in a private marine estate within 600 yards of the private beach. Successive owners have continued a programme of extension & refurbishment over recent years. The accommodation includes g.f.h. d/glazing cloakrm extended triple aspect lounge separate dining room refitted kit/breakfast rm utility rm study L shaped master bedroom with en suite shower and dressing rm, second bedrm bathrm garage and gardens including a superb 130 West facing rear garden EPC RATING F

ALDWICK BAY ESTATE £389,500

A detached chalet house situated in the Aldwick Bay private marine estate around 200 yards from the private beach. The specification which would benefit from some modernisation includes g.f.h. u.P.V.C. double glazing fitted carpets a spacious entrance hall, a inner room a dual aspect living room a double glazed conservatory a ground floor bedroom/din ng room a kitchen/breakfast room two good sized first floor bedrooms a large bathroom an integral garage and West facing rear garden. ENERGY RATING D

Don't let your seasonal seduction affect your summer buying

SPRING AND SUMMER are traditionally popular times of the year when it comes to house hunting – but beware of being seduced by the seasons if you are thinking about buying now.

House hunting in the warm weather could be a deciding factor when it comes to making an offer; cool rooms, large windows and a spacious garden

However, don t forget how quickly the British climate can change, and don t be swayed by warm weather when house hunting in summer

And just as the warm weather arrives in earnest, independent estate agents and valuers Harrison Murray share the National Association of Estate Agents' (NAEA) tips on seasonal buying

Harrison Murray head of estate agency Nick Salmon said: "Now is a great time of year to think about moving house. The warm and sunny weather puts people in a good mood – and when viewing a property, prospective buyers are attracted by all the things that make a home look great in the summer – cool living rooms, large windows and lots of outdoor space for barbecues

"However, the British weather can change quickly, so it is important to think about how the same home can look and feel in the winter."

Here are some tips:

• Viewing the property at different times of day will help you see how natural light falls around different rooms.

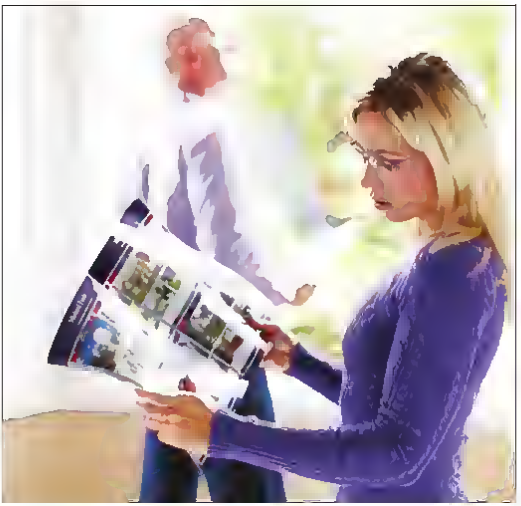
• Check insulation and heating, and note whether the windows are double-glazed and if cavity walls/lofts are insulated. With utility bills rising, it is also worth finding out when the boiler was installed and checking that radiators are big enough for the rooms they occupy.

• Look for signs of damp, an important issue at any time of year but which could be less obvious during summer months. Ensure a comprehensive survey is undertaken to reduce the risk of unwanted surprises

• Be aware of external features – any unclad or exposed pipes may be prone to freezing in colder winter temperatures. Equally, consider upkeep factors on external walls – painted facades may need to be repainted regularly to guard against harsh winter conditions

Nick added, "If you are a seller, it might be prudent to pay some attention to the same points and address any potential issues way in advance of the colder, winter months."

For more tips on buying or selling your home, visit harrisonmurray.co.uk



CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400

WEDDINGS
at Chichester Park Hotel

To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues

Chichester is a magnet for brides and grooms. The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location

Visit our website for more information on why Chichester Park Hotel is the right venue for your big day

Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day, you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

SPITFIRES, MERLINS & MOTORS AT IWM DUXFORD
28 JULY 2013
Adult £48, Senior Citizen £46 & Child £20

For this new event, the iconic Spitfire has been partnered with stunning classic cars, represented by car clubs such as the Rolls Royce Enthusiasts Club. Hear the unmistakable roar of the exhilarating engines that power these thrilling modes of transport

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Switch on to big savings with LED lights

WITH energy bills at an all-time high and the threat of nationwide blackouts hitting the headlines, UK households could be saving a huge 90% on their lighting costs by simply replacing their traditional light bulbs with eco-friendly LED alternatives.

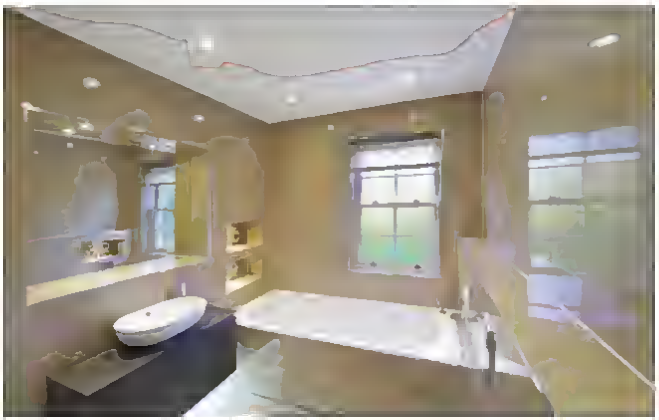
Lighting is the second biggest contributor to household power consumption in the UK. By making the switch to LED light bulbs, people will not only make staggering savings, they will also cut their energy use and carbon emissions – all whilst enjoying long-lasting, quality lighting in their homes.

In light of soaring energy prices, a home replacing just 12 standard 60W bulbs with LED equivalents, could be making monthly savings of £16.75 – a total of around £4,550 over the lifespan of the bulbs.

Unlike traditional incandescent lights, which lose most of their energy through heat, LEDs are extremely efficient, using a massive 90% less energy. They are also far more durable, lasting 50 times longer than standard bulbs and providing an impressive 50,000 hours of consistent, quality light (that's the equivalent of around 25-30 years, dependent on use). Over that time, a typical home switching all its halogen lights to LED equivalents could also save a massive 6 tonnes of CO_2 in the process.

Comments LED Hut Marketing Director Keith Scott: "A lot of people are clearly still in the dark about the real benefits of LED lights – otherwise everyone would have them! There are lots of common misconceptions, the first being you compromise on lighting quality. This simply isn't the case. Not only do LEDs give out all their light instantly at the flick of a switch, you get the same light quality and intensity you would expect from a standard bulb or halogen.

"People also think LEDs are more expensive. Again this isn't the case! Whilst you do pay more upfront, the bulbs typically pay for themselves in less than 12 months and will then continue to save you 90% on your bills thereafter, over their 25-30 year lifespan. They are also incredibly durable so you won't ever have to worry about them fading over time, breaking or burning out like most other bulbs!"



LEDs can be used with any typical light fitting and are available in all variants, from standard bulbs to spotlights, strip lights, and floodlights. They are also a stylish and versatile option for your home, providing the choice of cool white light (for bathrooms/kitchens) and warmer shades to help give a natural glow in your bedrooms and living areas. There are even dimmable LEDs to give you full control over the light intensity in your home.

Adds Scott: "Not only are LEDs a quick and easy way to make big savings in the face of rising energy prices, they also make a huge difference to energy efficiency in UK homes, with lighting accounting for a significant 15% of people's power use. LEDs are the future of UK lighting and we're urging people to make the switch today!"

LED Hut is the leading online store for LED lighting in the UK, offering a vast range of top quality, competitively priced LEDs to meet all your lighting needs.

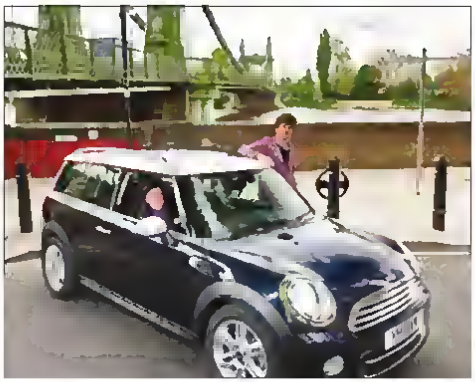
For more information or to see how much you could be saving using its interactive 'energy saving calculator' – visit ledhut.co.uk

SUMMER MADNESS!
COME & SEE OUR SHOW HOME
Saturday 15th June, 10am-5pm
New Price Release...
Plot 6 Four-bedroom mid-terrace house
SPECIAL PRICE OF JUST £298,000
FOR SHOW HOME WEEKEND ONLY!!!
JUBILEE GARDENS
PAGHAM, WEST SUSSEX
An exceptional collection of just 5 individually designed three & four bedroom homes in the picturesque village of Pagham.
NOW READY FOR OCCUPATION!
Visit our Show Home on Saturday 15th June, 10am - 5pm to take advantage of the chance to purchase the plot of the week, a special four bedroom mid-terrace house from only £298,000!
Please call one of our selling agents for details.
WHITLOCKS
01243 262747
whitlocksestateagents.co.uk
cubitt&west
Land & New Homes
01243 867632
cubittandwest.co.uk

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Lonely Planet teams up with Mini for 40th anniversary epic adventure



TO CELEBRATE its 40th birthday, Lonely Planet has sent two travel writers from Lonely Planet Traveller magazine in a Mini Cooper D Clubman from London to Istanbul on the first leg of an epic 10,000 mile journey across Europe, Asia and Australasia.

The trip celebrates the seminal trip from London to Sydney made by Lonely Planet co-founders Tony and Maureen Wheeler, which also began in a classic Minivan and led to the publication of their first guidebook, Across Asia on the Cheap, published in 1973. The book's success led to the start of the iconic travel publisher Lonely Planet.

The Wheelers paid just £60 for their ten year old Morris Mini Traveller, which they drove from London to Kabul in 1972. It had a top speed of 70mph and with its timber option would have cost £552 new. The 2013 Mini Cooper D Clubman, which the Lonely Planet team are driving from London to Istanbul, has a top speed of 122mph, a 1.6 litre engine putting out 112bhp and an average fuel consumption of 72mpg.

Travel has changed dramatically in the last 40 years and the 21st century journey reflects this, as the writers set out to prove that original and imaginative travel experiences are more accessible than ever before. The trip will be documented on the road using social media, blog entries, map updates, photos, videos and magazine features. The innovative approach will see the writers call on Lonely Planet's great network of travel experts and online community for suggestions of new and imaginative experiences to try along the way.

According to Lonely Planet Traveller editor Peter Grunert: "This is an incredibly exciting project for Lonely Planet, 40 years on we are still seeking the world's most original experiences out there on the road. The world has changed immeasurably in the past 40 years, with borders opening up, transport links improving and new technology available. We are re-creating the trail blazing spirit of Tony and Maureen's first trip, using a similar Mini and route, but with a 21st century twist to reflect the world of travel today."

Co-founder Tony Wheeler said "I'm really excited to see how the trip turns out, travel has changed so much since 1972, with new destinations emerging such as Myanmar and others, like Afghanistan, no longer open to tourists. This is a great way to celebrate the heritage of Lonely Planet by re-creating how it all began but with new technologies and ways of travelling for the 21st century. For me, Lonely Planet has always been about the journey, so it's great to still be out there on the road 40 years later."

The journey can be followed at lonelyplanet.com/across-the-planet

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

HIRE THE FUNKY FIAT 500 NOW

£25.00 + Vat For 1 Day
£60.00 + Vat For 3 Days
£99.00 + Vat For 7 Days

GREAT CAR - GREAT PRICE - GO ON, HAVE SOME FUN!
BOOK ONLINE, BOOK BY PHONE OR SIMPLY POP IN.

BUY WITH CONFIDENCE
West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk
FAMILY RUN BUSINESS - ESTABLISHED 1987
CHICHESTER 01243 778109

HYUNDAI DIRECT

NOW 13 Plate i10 Classic
Retail ~~£8345~~
just £5995*
After Guaranteed Minimum Part Exchange £2350

from only £89^ per month

0% APR FINANCE AVAILABLE*

Finance Example – i10 Classic Lease Purchase
48 monthly payments of £89.99
Total amount payable including optional final payment after £2350 Min PX allowance £7809.52
Optional final payment (based on 8,000 annual miles) £2949
Deposit £500
Due since before minimum Part Exchange allowance £8345
Total charge for credit £13,13.04

10.9% APR representative

5 Balance of year unlimited mileage warranty
Europe's No 1 Hyundai dealer
5 Balance of year RAC cover
Best City Car from Car Buyer
£20 Road Tax per year
upto 67.3 mpg
Balance of 5 YEAR TRIPLE CARE UNLIMITED MILEAGE WARRANTY

62 Plate
i20
5/5 door Man/Auto / Pre reg, Delivery mileage
OUR PRICE from
£6995
After Guaranteed Min PX of up to £3000
NO EXCEPTIONS NO EXCLUSIONS
from only £119^ per month

12 Plate
New Shape i30
5door Man
OUR PRICE from
£6995
After Guaranteed Min PX of up to £5610
NO EXCEPTIONS NO EXCLUSIONS
from only £149^ per month

62 Plate
ix20
Pre-reg, Delivery mileage,
OUR PRICE from
£9995
After Guaranteed Min PX of up to £2325
NO EXCEPTIONS NO EXCLUSIONS
from only £179^ per month

62 Plate
i30 Hatch/Tourer
Pre-reg, Delivery mileage
OUR PRICE from
£10,995
After Guaranteed Min PX of up to £3610
NO EXCEPTIONS NO EXCLUSIONS
from only £199^ per month

62 Plate
i40 Saloon/Tourer
Man/Auto Pre-reg, Delivery mileage
OUR PRICE from
£13,495
After Guaranteed Min PX of up to £5020
NO EXCEPTIONS NO EXCLUSIONS
from only £219^ per month

Car of the year Honest John

62 Plate
Hyundai ix35
from only £219^ per month
It offers excellent value for money and is powerful, luxurious, comfortable and well equipped – Honest John.com
Man/Auto / Pre reg, Delivery mileage
OUR PRICE from £12,995
After Guaranteed Min PX of up to £4560
5 YEAR TRIPLE CARE
NO EXCEPTIONS NO EXCLUSIONS

12/62 Plate
Veloster
Man/Auto
OUR PRICE from
£12,995
After Guaranteed Min PX of up to £5010
NO EXCEPTIONS NO EXCLUSIONS
from only £209^ per month

2013
New Santa Fe
Man/Auto 5/7 seats
OUR PRICE from
£22,995
After Guaranteed Min PX of up to £2855
NO EXCEPTIONS NO EXCLUSIONS
from only £399^ per month

62 Plate
i800
Was £22,995
OUR PRICE from
£16,995
Save £5795
from only £309^ per month

12 Plate
iLoad
LWB CHASSIS CAB
£6995
Plus VAT
from only £38.66 VAT per week

CONTRACT HIRE FOR BUSINESS USERS

i10 5 Door Hatch 1.2 Classic Metallic Paint	£95*	i30 5 Door Hatch 1.4 100ps Classic Metallic Paint	£157*	i40 Tourer 1.7 CRDI 115 Blue Drive Active Metallic Paint	£199*
ix20 5 Door 1.4 Active Metallic Paint	£180*	ix35 5 Door 1.6 GDi Style 2WD Metallic Paint	£198*	Santa Fe 5Seat 2.2 CRDi Style 2WD Metallic Body Paint	£299*
i30 1.6 CRDI 128bs Sport 3 Door Hitch Metallic Paint	£184*	i40 Saloon 1.7 CRDi 115 Blue Drive Active Metallic Paint	£195*		

*Offers are plus VAT based on 10,000 miles per annum and include Metallic Paint POA.

Similar payment terms for private customers

02392 530410 Speak directly to Marc Burley, the Contract Hire and Lease Specialist

*Weekly equivalent of monthly payment. On selected vehicles, terms required.

Richmond MOTOR GROUP
www.richmondmotorgroup.com

FITZHERBERT ROAD FARLINGTON, PORTSMOUTH PO6 1RU
128 MIDDLETON ROAD, BOGNOR REGIS, WEST SUSSEX PO22 6DL

CALL OUR HYUNDAI SALES HOTLINE ON 02392 987 815
CALL OUR SERVICE HOTLINE ON 01243 583 185

Europe's No 1 Hyundai dealer
Search 'Richmond Hyundai' on facebook

MOTOR TRADER AWARDS 2013 WINNER

Europe's busiest Hyundai dealer
Could be the career for you!

- Workshop Technician (MOT tester preferred)
- Apprentice Technician (School leaver)
- Workshop Controller Apprentice
- Showroom Receptionist (Full and part time)
- Service Advisor
- Marketing Receptionist
- Warranty Administrator
- Vehicle Technician
- Experienced Sales Executives
- Trainee Car Sales Executives
- Coffee Bar staff

Email cv to jobs@richmondmotorgroup.com

Sport

FOLLOW US ON TWITTER
@chiherald

Softball

Falcons lose out to Shafters

CHICHESTER FALCONS celebrated their first home game of the season versus UPSU Shafters on Sunday, with a 'Star Wars Special'. The classic fanfare soundtrack ripped across the field as Princess Leia, accompanied by an imperial stormtrooper and jedi youngling, made their way to the mound where 'Her Royal Worshipfulness' threw the first pitch, much to the delight of the spectators and teams.

The Falcons started the game quietly, with no runs scored in the first two innings, while Shafters found a way around shortstop Ben Sawkins to put seven runs up by the middle of the third. However the Falcons rallied and smashed a monumental fourteen runs, thanks to smart running from Harsha Desai and an emphatic grand slam by Matt Tebb. The fourth saw seven runs apiece go on the board, as Dave Morris and James Wheeler smacked their way onto base, while Lucy Morris tortured the Shafters' pitching staff by earning yet another walk to move the runners on.

Dave Piesse and Belinda Cheetham in right field helped the Falcons shut the Shafters out of the fifth as James Clarke locked down first base, but the Chichester side could not respond at bat. The final inning began with the Falcons ahead by five runs but by now the Shafters had found their hitting trousers, making for a nervy fielding performance. Emma Brown settled things down with a remarkable reaction catch at third base while Amelia Peachment was defiant in left field, but a multitude of small errors saw the Shafters put nine runs up, leaving the Falcons chasing the game at the bottom of the ninth.

Unfortunately it was a case of good morning, good afternoon and good night as the Falcons batted out a 2-3, leaving the score at 25-21 to the Shafters. The Falcons' next home fixtures are 2nd June, 11am vs Solent Sluggers, and 10th June, 6.30pm home to Itchen Knicks. Home games are played at the Fishbourne Centre, on Blackboy Lane.

Anyone who wants to try softball and join the Falcons should email chichesterfalcons@gmail.com or visit www.chichesterfalcons.com

Team [illegible] Back row [illegible] James Clarke [illegible] Matt Tebb, Emma Brown [illegible] Dave Piesse, Stuart Rose. (Front row) Lucy Morris, Belinda Cheetham, Amelia Peachment [illegible]

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

4 LINERS SAILAWAY
ON SOUTHAMPTON WATER WITH SUPPER
FRIDAY 26 JULY 2013
£42 Adult & Senior Citizen & £37 Child

Join us on this two hour supper cruise along Southampton Water, aboard our Blue Funnell ship. A fish & chips supper (served in a basket) is included (drinks are not included).

Boarding at 1515hrs we sail at 1530hrs for our river trip along the Southampton Water, we return back to Ocean Village at 1815hrs and our coach will be waiting for the return journey home.

Times are subject to change and are approximate and names of liners are to be advised.

Coach pick-ups in Chichester, North Bersted, Bognor, Felpham, Littlehampton, Rustington & Worthing

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

STRICTLY CONFIDENTIAL
MAYFLOWER THEATRE
THURS 27 JUNE 2013
Adult, Senior Citizen & Child £55

Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

Seats in the Stalls for the matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

FOLLOW US ON TWITTER
@chiherald

Sport

Cricket

Chichester's win takes them third

LEAGUE ROUND UP FOR 1 JUNE
PREMIER DIVISION
CHICHESTER won for the second week in a row to move into third place after winning away at Hastings

Chichester earned their second win in succession with a three wicket triumph at Hastings who they dismissed for 222. Skipper George Campbell was top scorer, he made 44, Harry Finch hit 37 and Elliot Hooper 35 as James Stedman took 5 for 45.

In reply Mark Bamford and Chris Kirkham enjoyed a first wicket stand of 125 to set Chichester on the way to their win. Bamford made 123 and Kirham 54 as Mick Glazier, for Hastings, took 4 for 37. The visitors took the win at 226 for 7 with just three balls to spare.

DIVISION TWO
Middleton won their first game of the year in a low scoring match at Findon where the home side crashed to 51 all out as Tommy Davies took 4 for 14 and Brandon Hanley 4 for 17. Middleton then reached 52 for 4 as Graham Manser grabbed 2 for 20 in a losing cause.

DIVISION THREE
WEST
Pagham surrendered both their 100% record and top spot as they were forced to hang on for a draw at near neighbours Bognor Regis. Regis finally discovered some of last year's form and made a challenging score of 243. Sam Taylor 93 and Charlie Laforet were the chief contributors while Nabid Rehman responded with 5 49. Pagham closed on 149-8 with Chris Hayden hitting 59.

Slindon's win their fourth game in a row as Slinfold's 190-8 was passed with no wickets lost and still the best part of 11 overs remaining. Once again Sean Heather was amongst the runs and his 104 along with 73 from Stuart Hanks completed the rout. Guy Thorne earlier made 68 for Slinfold, while Struan Cameron 4-57 and Nick Hunt 3-38 were the chief wicket takers.

Sports volunteers needed

IF YOU WERE INSPIRED by the volunteers at the London Olympics then here's your opportunity to become a sporting volunteer this summer in Chichester.

Chichester District Council's Sports Development Team is looking for volunteers to help at two of the city's most popular sporting events:

- the Natures Way Foods Junior Aquathon on Saturday 20 July; and
- the Natures Way Food Chichester Triathlon and Try a Tri races on Sunday 21 July.

Volunteers are needed for various roles throughout the two days. You could be required to:

1. register the athletes at Westgate Leisure Chichester before the start of the events;
2. lane count for the swimmers;
3. direct cyclists; or
4. hand out medals at the finish line.

Volunteers do not need any previous experience as they will be fully briefed before the event. All volunteers will be fully briefed and will receive a goody bag including drinks, snacks and a t-shirt.

If you would like to volunteer at either of these events please contact Amy Chamberlain, the council's Sport Development Officer, on email atachamberlain@chichester.gov.uk or call 01243 534872.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "These events are a big part of the local sporting calendar and are great fun whether you are taking part, helping out or as a spectator cheering everyone on."

Meanwhile entry is open if you would like to take part as a competitor. To find out more visit the council's website www.chichester.gov.uk, through the Westgate Leisure website www.westgateleisure.co.uk or call 01243 534857.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	42	28	10	4	114	35	79	94
REDHILL	42	29	6	7	95	42	53	93
EAST PRESTON	42	25	10	7	97	50	47	85
RYE UNITED	42	24	11	7	117	57	60	83
FAGHAM	42	26	5	11	90	52	38	83
LINGFIELD	42	23	7	12	102	78	24	76
HASSOCKS	42	21	7	14	97	69	28	70
EAST GRINSTEAD TOWN	42	21	6	15	97	65	32	69
RINGMER	42	20	9	13	76	68	8	69
HORSHAM YMCA	42	19	7	16	97	71	26	64
ST FRANCIS RANGERS	42	17	8	17	76	73	3	59
HAILSHAM TOWN	42	17	2	23	77	90	-13	53
LANCING	42	14	10	18	80	75	5	52
ARUNDEL	42	14	8	20	61	86	-25	50
CROWBOROUGH ATHLETIC	42	15	5	22	68	99	-31	50
SIDLEY UNITED	42	13	7	22	67	87	-20	46
SHOREHAM	42	14	4	24	69	106	-37	46
SELSEY	42	11	12	19	53	76	-23	45
CHICHESTER CITY	42	12	6	24	63	107	-44	42
DORKING WANDERERS	42	10	11	21	62	80	-18	41
AFC UCKFIELD	42	5	4	33	53	141	-88	19
WORTHING UNITED	42	3	7	32	43	147	-104	16

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	34	26	4	4	91	27	64	82
NEWHAVEN	34	22	4	8	90	52	38	70
LITTLE COMMON	34	21	5	8	94	43	51	68
EASTBOURNE UNITED AFC	34	20	5	9	97	64	33	65
WESTFIELD	34	17	7	10	67	56	11	58
BROADBRIDGE HEATH	34	17	4	13	82	62	20	55
MILE OAK	34	15	8	11	65	57	8	53
MIDHURST & EASEBOURNE	34	14	9	11	80	73	7	51
LOXWOOD	34	14	7	13	57	60	-3	49
STEYNING TOWN	34	14	6	14	73	61	12	48
BEXHILL UNITED	34	12	10	12	67	71	-4	46
SEAFORD TOWN	34	12	8	14	64	64	0	44
STORRINGTON	34	12	7	15	50	67	-17	43
SOUTHWICK	34	9	4	21	56	75	-17	31
OAKWOOD	34	8	7	19	62	88	-26	31
WICK	34	8	7	19	44	74	-30	31
RUSTINGTON	34	7	8	19	53	81	-28	29
SALTDEAN UNITED	34	2	2	30	37	156	-119	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	22	17	3	2	71	23	48	54
HAYWARDS HEATH TOWN	22	16	5	1	59	13	46	53
BARNHAM	22	14	3	5	73	30	43	45
BILLINGSHURST	22	10	5	7	45	37	8	35
CLYMPING	22	9	5	8	35	29	6	32
UCKFIELD TOWN	22	9	5	8	41	43	-2	32
FERRING	22	9	7	6	51	45	6	*31
ROFFEY	22	6	4	12	33	50	-17	22
HURSTPIERPOINT	22	6	4	12	24	42	-18	22
IFIELD	22	4	5	13	34	52	-18	17
ROTTINGDEAN VILLAGE	22	4	2	16	28	76	-48	14
TD SHIPLEY	22	3	2	17	15	69	-54	11

* 3 Pts deducted ineligible player

Discover

Russells

It's like a Summer fete

★ 7 days a week ★

Cream teas - Guess how many chicks in the hen hut!
Homemade cakes - Free food tastings
Furniture sale - BBQ,s - Ice creams - Toy stall

Offering everything for your perfect

Summer Garden

Russells
THE COASTAL GARDEN COMPANY

RUSSELLS GARDEN CENTRE AND BOUTIQUE DELI - BIRDHAM

FIND US ON THE ROAD TO WEST WITTERING BEACH

WWW.RUSSELLSGARDENCENTRE.COM